This is a digital copy of a book that was preserved for generations on library shelves before it was carefully scanned by Google as part of a project to make the world's books discoverable online.

It has survived long enough for the copyright to expire and the book to enter the public domain. A public domain book is one that was never subject to copyright or whose legal copyright term has expired. Whether a book is in the public domain may vary country to country. Public domain books are our gateways to the past, representing a wealth of history, culture and knowledge that's often difficult to discover.

Marks, notations and other marginalia present in the original volume will appear in this file - a reminder of this book's long journey from the publisher to a library and finally to you.

Usage guidelines

Google is proud to partner with libraries to digitize public domain materials and make them widely accessible. Public domain books belong to the public and we are merely their custodians. Nevertheless, this work is expensive, so in order to keep providing this resource, we have taken steps to prevent abuse by commercial parties, including placing technical restrictions on automated querying.

We also ask that you:

+ *Make non-commercial use of the files* We designed Google Book Search for use by individuals, and we request that you use these files for personal, non-commercial purposes.

+ *Refrain from automated querying* Do not send automated queries of any sort to Google's system: If you are conducting research on machine translation, optical character recognition or other areas where access to a large amount of text is helpful, please contact us. We encourage the use of public domain materials for these purposes and may be able to help.

+ *Maintain attribution* The Google "watermark" you see on each file is essential for informing people about this project and helping them find additional materials through Google Book Search. Please do not remove it.

+ *Keep it legal* Whatever your use, remember that you are responsible for ensuring that what you are doing is legal. Do not assume that just because we believe a book is in the public domain for users in the United States, that the work is also in the public domain for users in other countries. Whether a book is still in copyright varies from country to country, and we can't offer guidance on whether any specific use of any specific book is allowed. Please do not assume that a book's appearance in Google Book Search means it can be used in any manner anywhere in the world. Copyright infringement liability can be quite severe.

About Google Book Search

Google's mission is to organize the world's information and to make it universally accessible and useful. Google Book Search helps readers discover the world's books while helping authors and publishers reach new audiences. You can search through the full text of this book on the web at `http://books.google.com/`

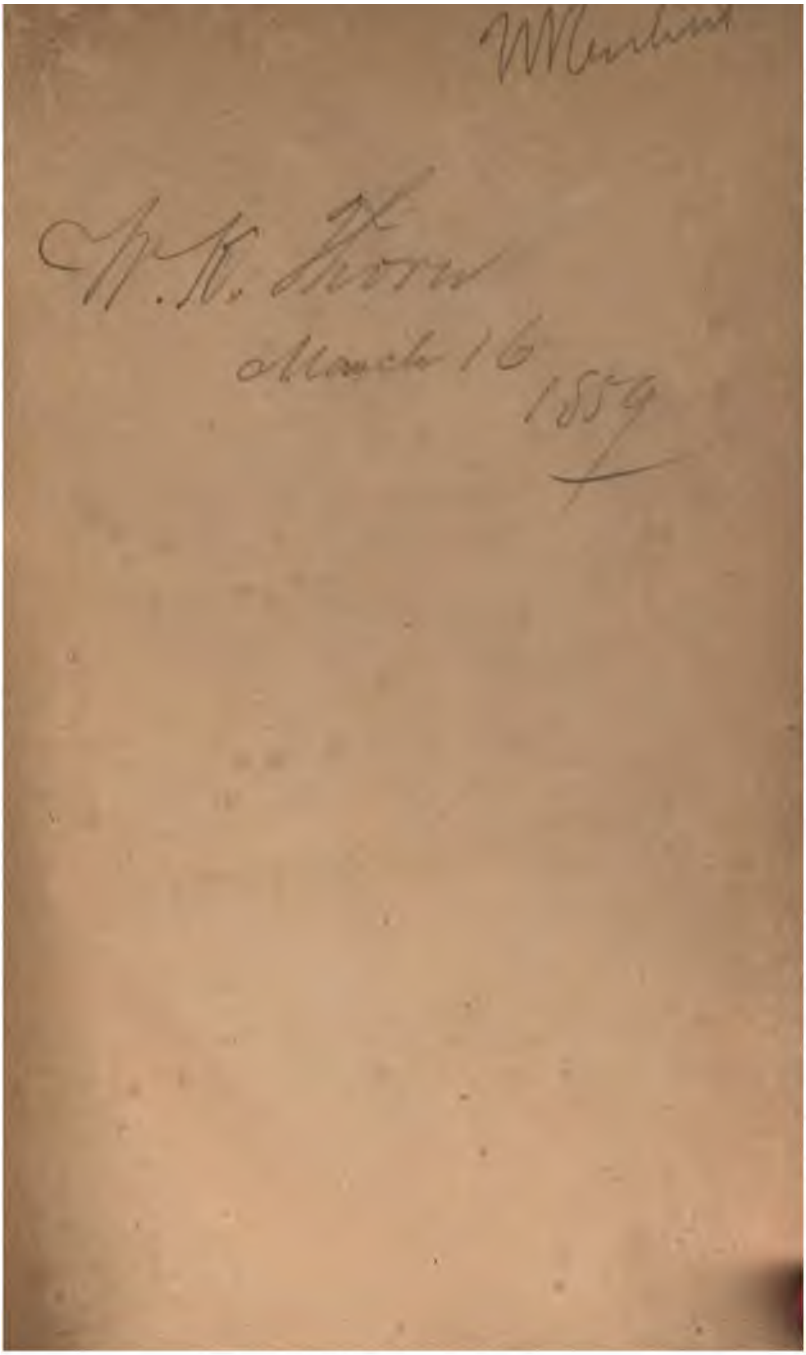
LANE MEDICAL LIBRARY STANFORD
L48 .H96 1855 , STOR
The medical pilot, or, New system : bein
24503417031

MAY 1 2 1958

LANE

MEDICAL LIBRARY

Gift


W Merchant
W. K. Shorn
March 16
1859

THE MEDICAL PILOT;

OR,

NEW SYSTEM:

BEING A FAMILY MEDICAL COMPANION, AND COMPENDIUM OF MEDICINE ON A TOTALLY NEW PLAN, AND BY WHICH ALL DISEASES CAN BE TREATED SUCCESSFULLY WITHOUT MINERALS, OR ANY POISONS WHATEVER;

ESPECIALLY THE FOLLOWING COMPLAINTS:

CONSUMPTION,	RHEUMATISM,
LIVER COMPLAINT,	DISEASES OF THE HEART,
DYSPEPSIA,	FEVERS,
DYSENTERY,	BRONCHITIS,
DIARRHŒA,	DROPSY,

ERUPTIVE DISEASES,

AND ALL THEIR CONCOMITANTS; CONTAINING ALSO A TREATISE ON THE DISEASES INCIDENT TO THE FEMALE SEX.

THE WHOLE BEING ADAPTED IN SIMPLE AND FAMILIAR LANGUAGE, SUITABLE TO EVERY CAPACITY, FORMING A NEW ERA IN MEDICAL PRACTICE, ILLUSTRATED WITH ANECDOTES AND MANY COSTLY ENGRAVINGS.

BY

THOMAS GIBBONS HUTCHINGS, A. M., M. D.,

746 Broadway, corner of Astor Place.

NEW-YORK:

SMITHSON'S STEAM PRINTING OFFICES,

No. 11 Spruce Street.

1855.

Entered according to Act of Congress, in the year 1854,

BY THOMAS GIBBONS HUTCHINGS, A. M., M. D.,

In the Clerk's Office of the District Court for the Southern District of New-York.

The Medical Pilot is sold by all the Booksellers in the Union.

Price One Dollar.

196
1855

CONTENTS.

PREFACE—TO THE PEOPLE OF AMERICA.

CHAPTER I.

Short Essay on Man, 1—His general structure, and relation to divinity, 1—Disease consequent on his transitory life, 5—Longevity in the early period of the world, 5—Medicine a lawful means to assist obstructed nature, 6—The New System, "the life in the blood," 6.

CHAPTER II.

General observations on health, 7—Of matter, 7—Food, 8—Mastication and the teeth, 9—Digestive organs and the blood, 10.

CHAPTER III.

General laws regulating health, 12—Diseased food and its consequences, 14—Air, light and heat, 14—The human frame, 16.

CHAPTER IV.

Pulmonary consumption, 17—The disease perfectly curable, except in its last stages, 17—Air tubes, 17—Sounding the chest, 19—Stethescope and other instruments, 20.

CHAPTER V.

Food and drink, 23—Vegetables, 24—Water, 25—Fermented liquors, 26—Wine, 27—Beer, 28—Medicated root beer, 28—Cider, 28—Mead—Abstinence, 28.

CHAPTER VI.

Of the heart, 29—Diseases of, 29—Anecdotes, 29.

CHAPTER VII.

Diseases of the kidneys, 84—Rheumatism, 85—Case cured in a curious manner, 86—Another case, 86.

CHAPTER VIII.

Of epidemics, 39—The cholera, 39—Localities subject to it, 39—Contagious or otherwise, 40—What it arises from, 41—Rules for avoiding it, 41—Premonitory symptoms, 42—Bulam plague, 43—Case of the Rev. Mr. B., 44—Case of Captain E., 45.

CHAPTER IX.

Dyspepsia, 46—Eating too fast, 46—All kinds of spices, 47—Mineral drugs, 47—Tobacco, 47—Exhaustion, 47—Abdominal viscera, 48—Bronchitis, 49—Acute bronchitis, 49—Chronic bronchitis, 49.

CHAPTER X.

Effects of the mind upon diseases, 50—Hypochondria, 50—The hypochondriac lady, 51—Hypochondriac gentleman, 52—Homœopathy, 53—Allopathy, 53—Water cure, 53—Scripture, 53—Inferior Animals, 54—A curious case in London, 55—The Hearing, 55—Feeling, 56—Taste, 56—Smelling, 56—Inflammation of the brain, 57—The nervous system, 58—The muscles, 58—Muscular system, 59—The muscles of the front figure, 60.

CHAPTER XII.

Sleep, 61—Time necessary for sleep, 61—Damp apartments, 62—Its effects on children, 62—How to obtain refreshing sleep, 62—Cleanliness in person, 63—Our clothes, 63—Our houses, 63—Cities and streets, 64.

CHAPTER XIII.

Arterial system, 64—Great blood channel, 65—Veins, 66—Circulation of the blood, 66—Respiration, 66—The veinous system, 67—The atmosphere, 67.

CHAPTER XIV.

A book full of logic, 69—A case in Massachusetts, 71—A letter from Lynn, 72.

CHAPTER XV.

Of fevers, 72—Typhus, or ship fever, 73—Fever and ague, 74—Bilious fever, 74—Nervous fever, 75—Scarlet fever, 75—Remittent fever, 76—Inflammatory fever, 76—Simple continued fever, 77—Putrid fever, 77—The plague, 77—Yellow fever, 78—Reflections, 78.

CHAPTER XVI.

Of the brain, in continuation, 79—The brain exposed, 80—The nerves connected with the brain, 81—The case of the brain, 82.

CHAPTER XVII.

Of the small pox, 83—Vaccination, 84—Chicken pox, 85.

CHAPTER XVIII.

Putrid sore throat, 86—The mumps, 86—Quinsy, 87—Croup, 87—Whooping cough, 88—Asthma, 88.

CHAPTER XIX.

An incident, 89—Another case, 91—Melancholy, 92—Epilepsy 92—Apoplexy, 92—Fainting, 93—Delirium tremens, 93.

CHAPTER XX.

The passions, 95—Temperance, 95—The sensual man, 97—Of anger, 99—Love, 100—God is love, 101.

CHAPTER XXI.

Fear, 103—The effect of fear upon the human mind, 104—Joy, 106—Hope, 107—Jealousy, 108.

CHAPTER XXII.

Of bathing, 110—The cold bath, 111—Hot bath, 112—The vapor bath, 112—Topical bathing, 112—Sulphur bath, 113—Shower bath, 113.

CHAPTER XXIII.

The pathology of diseases, 114—The skin, 115—The stomach, 117—The intestinal canal, 117—The kidneys, 117—The lungs, 118—Cures, 118.

CHAPTER XXIV.

Of dress, 119—Woolen articles, 120—Cotton, 120—Leather, 121—Fashion has altered our habits, 123.

CHAPTER XXV.

Mercurial practice, 124—Salivation, 125—Inmates of the lunatic asylum, 126—Its effects upon the system, 127.

CHAPTER XXVI.

Of bleeding, 128—The story of Mr. O'Flaherty, 130.

CHAPTER XXVII.

Surgery in union with physic, 131—Mortification, 131—Wounds, 132—Lacerated wounds, 132—Venomous wounds, 132—Necrosis, 133—Locked Jaw, 134—A case, 135—Cancer, 136—That the life is in the blood, 136—Scrofula, 136—Dislocations, 138—Case of an Indian in Canada, 138—Fistula, 139—Ulcer of the urethra, 140—Ulcer of the eye, 140—The piles, 140—The bleeding piles, 141—White swellings, 141—Ophthalmia, 142—Treatment of the eye, 143—The old blind lady, 143—Egyptian ophthalmia, 144—Cataract, 144—Gravel, or stone, 145—Aneurism, 145—The surgical practice, 146—The New System, 146—Polypus, 146—Salt rheum, 146—Whitlow, 147—Hydocele, 147—Chilblains, 147—Suspended animation, 148—Punctured wounds, 150—Hydrophobia, 150—The symptoms, 150.

CHAPTER XXVIII.

Of the diseases of women, 151—General observations, 151—A beautiful female, 151—Distorted female, 151—Healthy conformation, 151—Oh, woman, lovely woman, 152—Woman in another light, 152—Diseases incident to the human frame, 153—Woman in different countries, 154—The belle of New York, 154—An African Hottentot, 154—A beautiful Signorita of Cadiz, 154—The dark-eyed maiden of Circassia, 154—The Moorish merchant, 155—A perfect form, 156—To the mothers of America, 157—A fashionable and distorted lady, 158—Many walk through our thoroughfares the ribs out of their proper places, 158—Healthy conformation, 159—Good gracious, what a fright! 159—Other malformations, 161—Care of young females, 161—Hurtful position, 161—Incorrect postures in writing, 162—The result, 162—Deformity and disease, 162—Proper sitting posture, 163—Improper sitting posture, 164—Judicious advice, 164—Of the menses, 165—Fulness of womanhood, 165—Northern climates, 165—The true cause of the menstrual flow, 167—Ripening and expulsion of the egg, 167—Impregnation, 168—The first intimations, 168—The old theory, 168.

CHAPTER XXIX.

Diseases during pregnancy, 170—General observations, 170—Cholic, sickness of the stomach, drowsiness, etc., 170—Heart-burn, want of sleep, swelled legs, 170—False pains, flooding, 170—The pig faced lady of Dublin, 171—Madam Stephens' Hospital, 171—Marks on children, 171—Caused by fright, 171—Case of a lady in getting into a carriage, 171—Periodical progress of the fœtus, 175—The fœtus at the twelfth day, 177—At twenty-five days, 177—From the first month up to the ninth, 178.

CHAPTER XXX.

The effect of the imagination on the sexes, 180—Unhappy marriages, 181—Forced marriages, 183—Prevention of conception, 184—Question as to its morality, 184—Preferable to abortion, 185—There is but one safe means to prevent it, in possession of the author of this book, 185.

CHAPTER XXXI.

The power of food and drink on the impregnation principles, 186—The Quaker and his small wife, 187.

CHAPTER XXXII.

The right age for marriage, 188—General observations conducive to health, 188—An instance of marriage, 190—General health tending to longevity, 191—Ages of men, 192.

CHAPTER XXXIII.

Of diseases of children, 192—Of new-born infants, 192—Clothing for children, 197—Bathing, 197—Good air and exercise, 197—The placenta and umbilical cord, 198—The thrush, 198—Teething, 199—Yellow gum, 200—Convulsions, 200—Child fever, 201—Croup, 202—Cholera infantum, 203—Whooping cough, 204—Worms, 205—The measles, 206—Malformations, 206—Tongue-tied, 206—Hare-lip, 207—Spitting of blood, 209—Painter's colic, 209—Night-mare, 209—Somnambulism, 210—Suspended animation, 210—Freezing, 210—Strangulation, 211—Stoppage of the wind-pipe, 211.

CHAPTER XXXIV.

How to succeed in life, 212.

CHAPTER XXXV.

Natural physical prevention, 216—The training of children, 217—Improper sitting posture, 218—Doctor Fitch's remarks, 219—Proper sitting posture, 220—Improper position in reading, 221—Graceful position in reading, 222—Country location, 223—Parks, 223—Disease and vice in large cities, 224—How to prevent them, 225.

CHAPTER XXXVI.

Minerals, 226—Mercury—ruinous, etc., 226—Salivation, 227—Blood-letting, a killing practice, 228—Fainting, 228—Delirium, 230—Sudden death, 230—The heroic Washington killed by mercury, bleeding, and blisters, 230—Doctor Beach's opinion on blood-letting, 231.

CHAPTER XXXVII.

Surgical operations, 232—Amputation, 232—Dislocations, 232—Cancers, 234—White swelling, 234—Fistula, 234—Rupture, 235—Aneurism, 235.

CHAPTER XXXVIII.

Symmetry of the internal man, 236—It is the key of health, 237—Abdominal supporters, 238—A quiet mind quite necessary for the restoration of health, 239—A palpable instance of this truth, 240.

CHAPTER XXXIX.

Virtue and vice in connection with medicine, 241—Childhood, 242—Schoolboy age, 242—Mature age, 242—Old age, 243—Mr. Bentley on death, 243—Effects of virtue on the life of man, 244—Resignation, 244—Hope, 245—Confidence, 245—Kindness, 245—Forgiveness, 245—Courage, 245—Love, 245—Despair, 246—Remorse, 246—Revenge, 247—Profanity, 247—Fear, 247—Anger, 247—Dr. Fitch's observations on this subject, 248—The three great divisions of the human being, 249—First division, 249—Second division, 249—Third division, 250.

CHAPTER XL.

Vegetable medicines, 250—Sarsaparilla, 250—Sassafras, 251—Slink Weed, 251—Dog Wood, 251—Wild Cranberry, 252—May Apple, 252—Slippery Elm, 252—Bone-set, 252—The blackberry tree, 253—Camomile, 254—Sage, 254—Blood root, 254—Tansy, 254—Senna, 254—Manna, 255—Rhubarb, 255—Wild Cherry, 256—Indian Tobacco, (Lobelia,) 256—Anecdote in commendation of vegetable medicines, 257—Snake Root, 258—Yellow Dock, 258—Blue Flag, 258—Wormwood, 258—Fox Glove, (Digitalis,) 259.

CHAPTER XLI.

Miscellaneous subjects, 259—Marshes, 259—Sea air, 260—Baldness, 261—Anecdote of a barber, 261—To prevent contagion and infection, 263—Fear in disease, 263—Cleanliness, 264—Disinfecting agents, 265—Diet, 265—Heat and cold in their adaptation to the system, 266.

CHAPTER XLII.

Religion as associated with man's physical nature, 268—Crime, poverty, and wretchedness in large cities are always in proportion to the comforts and luxuries enjoyed therein, 269—Piety towards God, 270—Man a sublime creature, 272—His mental faculties are wonderful, 273—Tradition, 274—Discoveries, 274—The Holy Writ, 175.

CHAPTER XLIII.

A chapter for the ladies, 275—A moderate and tasteful adornment enhances the charms of beauty, 275—Medium between extravagance and negligence, 276—Safe means of embellishment, 276—Questions for invalids, 276—To the ladies, 277—To the gentlemen, 278.

TESTIMONIALS OF DR. HUTCHINGS' SUCCESSFUL PRACTICE.

Successful cure of—

Scrofula, 280—Consumption, 280—Dropsy, 281—Cancer, 281—Consumption again, 282—Catarrhal complaint, 282—Spinal complaint, 283—Neuralgia, 283—Wounded lung cured, 284—Cure of Asthma, 284—Cure of Dyspepsia, 185—Rheumatism cured, 285—Another cure of Scrofula, 287—A life spared, 287—Another case, 288—Liver complaint perfectly cured, 288—Disease of the kidneys, 289—Case of Salt Rheum cured, 289—Cholera cured, 290—Cure of Worms, 491—Case of Tumor, 292—Female diseases cured, 292—Cure of Diarrhœa, 292—Another case of Dropsy cured, 293—Eruptive disease cured, 293—An inveterate case of Rheumatism, 293—A Paralytic cured, 294—Erysipelas cured, 294—Liver Complaint cured—testimony of a lady, 295.

LIST OF MEDICINES, AND CHARGES FOR THE SAME.

Examinations, ... 297
Inhaling Balm, ... 298
Female Pills, ... 297
Family Vegetable Pills, ... 300
Toilet Box, ... 299
Dr. Hutchings' Address, ... 280

PREFACE.

To the People of America.

In the march of modern improvements it appears that Pharmacy, or the art of healing has been almost the only thing retained in such a form as to exclude the subject entirely from the people, and the treatment of diseases by the aid of a spurious latin in prescriptions, confined to those whose learning and skill were supposed to entitle them to hold the mystery; while the sick have been left no method of ascertaining whether the *doctor* was capable or not in the fulfilment of the great charge he was about undertaking. Plausible, but not rational reasons have been promulgated for withholding this great and vital measure from public scrutiny; namely, that people would, were they to know all about the matter, be apt to prescribe for themselves to their own injury, while the real reason no doubt is, that "Othello's occupation" would probably be gone, and the profound ignorance of many aspiring Esculapians be exposed; indeed we may liken the Faculty, under these circumstances, to the silversmith's at Ephesus, who cried out when their craft was in danger, "Great is Diana of the Ephesians.

In the middle of the nineteenth century however, it is high time to dispel this illusion; and it is with that intention the following pages are offered to the *thinking* and the *reflecting* people of the

Union. What folly to argue that the *art of healing* more than any other art, should be kept a profound secret. As well might the Encyclopedia be prohibited to our children — perchance some fine lad might happen to read attentively of the utility and wonderful ingenuity of the steam engine, and pursuing his studies become an Engineer, and then run the risk of getting scalded! What preposterous nonsense! And is it not equal folly to keep the otherwise educated, entirely in the dark as to the nature of the human system, the diseases consequent upon our common nature, and their *simple remedies*, for simple they must be, which if applied in time, assists nature to throw off disease, and resuscitate the injured fabric. Will not a knowledge of the subject rather induce a sick man to ask for immediate assistance, while ignorance so often induces a postponement until too late to retrieve the broken frame. Away then with all mystery! — let truth appear in intelligible language, let he who "*runs read and understand.*"

Let us view this subject in another light, man has a *right* to know himself, and above all things to know sufficient to enable him to judge of the powers of that man into whose hands he entrusts the care of his sick body. We affirm that man has a *right* to know these things, and we hope to be the humble instrument in placing this hitherto grand secret, in such plain language that no one can mistake.

And now before we go further, we have a word or two to say on the subject of *some* works published to the world as modern pharmacopieas, and where shall we find language to pourtray these charlatans who under the mask of science and of art, promulgate to the world a tissue of infamy too gross for Pandemonium, Oh! ye fathers and mothers of young America, avoid these degraded, blasphemous episodes. What! is not vice well enough known to you to in-

duce the utmost care and tenderness for your offspring without having such nausea paraded in gilt edge paper to shock the innate modesty of your sons and daughters! How can the disciples of Paul De Kock, for they are nothing else, appear in the society of chaste females after sending out into the world effusions which have had their origin in darkness. But we will say no more! We will merely state that while we shall unravel what has until now been held by the few as a mystery, we shall not allow *our* pen to grate upon the feelings of the most pure. We shall be content to lead you through the green pastures of Pharmecutical knowledge, and lay the matter bare in intelligible language, believing that the time has arrived when all things may be proclaimed in safety and in justice from the house tops; moreover we will not lend ourselves to such "*base uses*" as some of the modern would be Physicians have done. We will not, we cannot, we dare not quote the word of God, and in the same page transcribe the effusions of Belial. Forbid it all that is just, all that is righteous, forbid it Heaven.

THE AUTHOR.

THE MEDICAL PILOT.

CHAPTER I.

SHORT ESSAY ON MAN—HIS GENERAL STRUCTURE, AND RELATION TO DIVINITY—DISSEASE CONSEQUENT ON HIS TRANSITORY LIFE—LONGEVITY IN THE EARLY PERIOD OF THE WORLD—MEDICINE A LAWFUL MEANS TO ASSIST OBSTRUCTED NATURE—THE NEW SYSTEM—THE "LIFE IN THE BLOOD."

AMONG all created animals man evidently is the superior. The great Being who formed the earth, and them yriads of spheres rolling in space, perfected earth, as far as our globe is concerned, when the mandate went forth "*Let us make man in our own image,*" and when all things were made, He looked out and behold they were "*all good.*" Man indeed was created good, but alas! — how soon the favor in which he walked before his maker, was turned by his own sinfulness into enmity, and the beautiful garden that had been appointed for his residence no longer could endure his presence, so he was sent forth to till the earth, while the flaming cherubims with swords admonished him of his banishment, and his crime.

It is with man of course in his fallen state, we have to do; with sin came misery, desease, and death, and to alleviate the *two former* we have been permitted by an offended yet still merciful Creator.

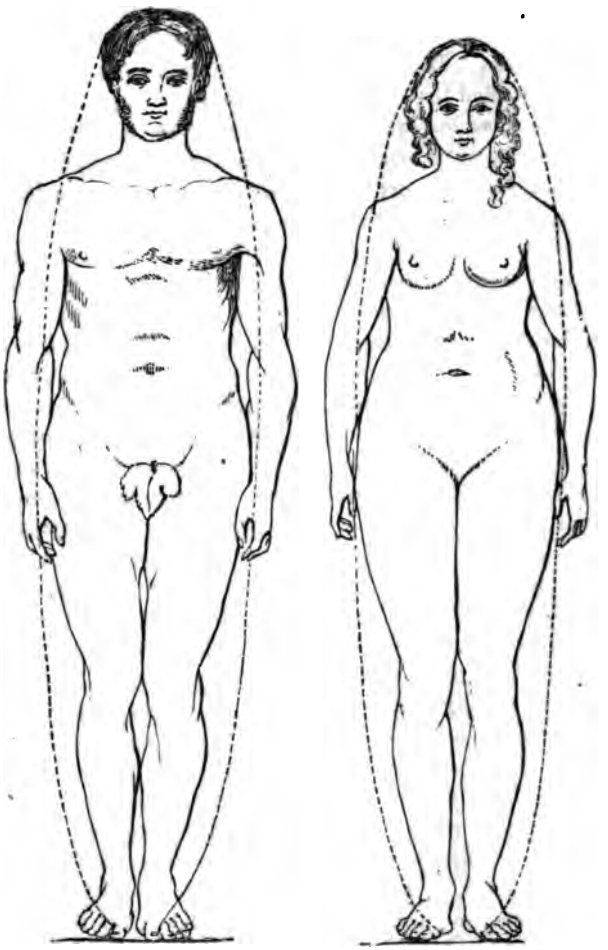
We have said that man is superior to all animals in creation; this appears evident. He alone of all animals while perambulating carries *his head up*, while his power to make known his wishes or his wants is performed by language through the medium of intelligible sounds. These properties alone make him superior to all

other animals, independent of his being made *mentally* in the image of his maker.

The ancient Philosophers were very much troubled to find a correct definition of man, and various were the schemes resorted to, to accomplish what they thought a great feto. Plato declared man to be "*a two legged animal without feathers*," but Diogenes in order to mock the great philosopher, procured a live Cock, plucked all the feathers from him, tied a label round his neck, bearing the inscription "*This is Plato's Man*," and let the agonized bird walk into Plato's apartment, thus destroying the definition of the great Philosopher.

Man from his mysterious nature has often been called a puzzle or enigma. So "*fearfully*" and so "*wonderfully*" made, it is no wonder he should appear so to himself, yet with all the subelty of his physical and mental qualities, he appears in every portion of the globe, whether in barbaric ignorance, or intellectual cultivation to be conscious of his affinity to his God, to be satisfied that his physical organization is only the earthly house or tabernacle that holds for a short time that etherial part over which neither time, disease, or death, has the slightest power whatever, and which, when the house or tenement crumbles away, after wearing out, returns to him who "*breathed into his nostrils the breath of life.*"

The Psalmist has said that man is both fearfully and wonderfully made, and it is impossible to view the human face divine without at once acknowledging that such a piece of mechanism could not be constructed, but by a power far transcending our utmost ideas. It has been asserted that world's and their inhabitants were all formed by chance, and this assertion has been generally made without any enquiry as to the definition of chance, or any example that would show the distinction between it and design. If we ascend to the crater of Vesuvius or Hecla and look into the abyss, we behold full evidence of chance in the disorder which is there apparent among the piles of lava that were once projected from the burning pit, in any thing but mathematical precision, no law regulated the fragmentary assemblage after the convulsion, and chance there led to the result as thus viewed; but when we turn to



" And God blessed them ; and said unto them, Be fruitful and multiply and replenish the earth, and subdue it."

animate, and inanimate nature in the world at large, we find not uncertain results, but on the contrary every thing pursuing a regulated system. Let us look at the trees on the whole round globe, and we find that in the Spring the leaves appear upon them, in Autumn those leaves fall off, and this not for one season but for all time; again let us look at the cow, in every portion of the globe; the cow following the order of *regularity* goes the same length of time with young, and the order for one is the same for all.

We might go through the whole catalogue of nature were it necessary, all of which demonstrating that chance (which is nothing but a series of circumstances taking place without regard to order or regularity) is not the cause of our being, and the world we dwell in. The savage who has neither the light of education or revelation, acknowledges the *Great Spirit*, and would reject the notion of chance, as much as the most renowned Christian Philosopher.

It is not uncommon to find people also talking of our planet being a wilderness, an abominable world, and even passing worse encomiums upon it, but if our visual organs can demonstrate anything, surely they must belie these assertions. Let us for a moment ascend a portion of the Andes, and look out upon the face of nature, see the tiny rivulets as they trace their tortuous courses down the fissured hills until they form the broad, and shining river, "in whose ample wave the little naiads love to sport at large;" look at the stately and waving forests, the habitation of the songsters of the air; see the green pastures stretching out in vast expanse, upon whose bosom lie half embeded those hamlets, the home of man; behold the flocks as they silently graze along the meadowed plain far as the eye can reach; look even beyond and see the ocean like a shining mirror reflecting the deep shadows of those barks so beautifully constructed, so systematically handled, as to become floating bridges for man to pursue his gregareous nature, and then cast one glance upward, and see the "cold round moon" silently pursuing her periodical eliptic orbit, giving light to earth, while filling fond hearts with emotions which are akin to the heavens in which she rolls; look at all this and say, is it not a *beautiful World!* It is indeed a glorious world, and let such as think otherwise look into their

own hearts for the *real cause*, if the world appears so obnoxious to them, or if they want more satisfactory data let them learn from Astronomy ; let them compare the world we live in with any other globe in our solar system — let us for example take the planet Jupiter, which is fifteen hundred times larger than our earth, and we will find that if there be inhabitants there, they have not the variety of seasons that we possess, in as much as the axis of Jupiter is perpendicular to the plane of its orbit, while our equator makes, an angle of twenty-three degrees twenty-eight minutes with the eliptic, hence the inhabitants of Jupiter are subject to a terrible monotony of season. If we take Mercury the nearest planet to the Sun, and where the heat (if only defended by an atmosphere like our own) is as great as iron at a white heat, surely we have a right to be thankful that for our natures matters have been so judiciously disposed, and then will naturally follow our dependence upon that great but invisible being who has ordered all things well.

That disease and death are contingencies on man's transgression is to our cost but too true, still as the lesser of two evils is the better, so that state produced by the assistance of medicines ultimately restoring health is far better than wasting disease unchecked, hence the talent and energies of men have through all time been directed to the discovery of both palliatives and cures, while as society increased, and with it vice, new diseases sprung up from time to time, and for which new remedies were required.

That people lived to a greater age in the early period of the world, according to Biblical history, is no doubt true ; indeed where the population of our globe came from one couple it follows that such must have been the case, but that any one man ever lived a thousand years, such as we compute by now is not quite certain. If as is supposed by the learned, the year in those days was only equivalent to three of our months, then Methuselah would not be above double the age of Parr, and others who lived in the eighteenth century. There can be no doubt that simplicity in manners and habits joined to thin population in an agreeable climate, naturally favored longevity in early times, while increased numbers, luxury, habits in dress, idleness, and excessive indulgence in modern

culinary preparations, have greatly tended no doubt to the deterioration of the human race.

All these circumstances taken in connection have, as we have before said, made it necessary to investigate the laws of all diseases, and by the application of talent, patient investigation, experiments, and experience to arrive at the best possible remedies.

Among a host of adventurers after panaceas, it is not surprising that many false theories have been adopted, and quantities of poisonous materials compounded which in place of establishing health has only made disease doubly noxious, indeed to such an extent has this been carried that people have at last become alarmed, and often reject medicine and medical advice altogether. These circumstances have led to the necessity of falling back upon first principles, and at once create a *New System*, new because centuries have elapsed since the system as laid down in the best history we have of mankind has been departed from, and its place filled up with nostrums deduced from minerals and other poisons.

Sacred History assures us that the "Life is in the Blood," and thanks to Harvey, we know that it circulates through the system by means of veins, and arteries; that in its periodical revolutions it is subject to important changes for the well being of life; these changes, whether for good or evil, depend upon both internal and external influences, and where such are inimical to well being, then medicine comes in to the rescue, not indeed by administering poisons, which may at first appear to do good, but assuredly only exterminates to make way for worse consequences, but by those simple herbs given by a wise Providence to be the true restorer of infringed nature. It is this *system* which is here offered to the world; it is founded on reason, truth, and Scripture, and now from labor, and research so judiciously adapted to every form of disease, that while it restores health it leaves the constitution in a renovated condition, in place of (as with minerals) in a worse situation than before.

"Whoso is wise will ponder these things, and he shall understand the loving kindness of the Lord."

CHAPTER II

GENERAL OBSERVATIONS ON HEALTH—OF MATTER—FOOD—MASTICATION, AND THE TEETH—DIGESTIVE ORGANS, AND THE BLOOD, &c., &c., &c.

ONE of the first and most necessary things connected with our existence is to make ourselves perfectly acquainted with the physical laws connected with our being; this ascertained, we have the true *Pilot* to guide us in our actions. In this respect man differs from the inferior animals, the latter obeying the physical laws of *their* nature by what *we denominate instinct*, a species of reasoning inferior to that employed by language, although we have never yet seen the line of demarcation drawn between the two, that is, the exact point where one begins, while the other ends.

Thus it would appear that man is honored by his maker above all other animals, and gifted with endowments which if properly used, will tend to enable him to work out his destiny with satisfaction to himself as well as to his Creator.

All matter may be classed under two heads, animate and inanimate; and while the tree. the plant and the shrub, receive nourishment from the earth and the air, and thus increase in stature and comeliness, the stone remains the same, inasmuch as it does not take up any nutriment from surrounding objects.

Man stands of course foremost in animated nature, and in proportion as he becomes acquainted with the great laws of his being and uses his knowledge for the benefit of the world at large, so he is a benefactor to his race, for what branch of human knowledge is of more consequence than that relating to the physical development of the human species, and the well directed efforts to ward off that disease which is consequent on our fallen nature.

It will not be denied that this world has been wonderfully contrived to answer all the contingencies of our being. When we look round, and see the diversified appliances for our benefit, pleasure and existence, we are surprised; when we see the numerous produc-

tions of the earth, in all their variety and luxury, we cannot but think that man has been the special object of the favor of omnipotence, and we must instinctively admit, admire, and adore the inscrutable providence that has ordered all these things.

As to *Food*, that is necessary to man's existence, it would indeed be well were man generally speaking, to use discretion in its consumption; how many bad disorders would be avoided, were the laws of health never swerved from in this particular, both as to quantity and quality. All food, however, should be well masticated, and thoroughly mixed with the saliva coming from the glands; thus will an extra labor be taken from the stomach, and digestion go on successfully. To accomplish mastication well, it becomes us to take special care of our teeth, for if the teeth are defective, their part of the economy is thrown upon the gastric juice, and thus the stomach is overworked. In a judicious care of the teeth, it will be well to remember that after every meal a certain portion of food is left between them; this must be removed, or a continuance of the matter will eventually decay them, and leave a very bad odor on the breath. It will be well to cleanse the mouth and teeth twice a day at least.

On the kind of food that is not only lawful, but proper for man, there is a very great difference of opinion of late years; that the antediluvians subsisted on vegetables, there can be no doubt, but, that since that period the flesh of animals has been permitted, is also equally true; when the progdigal son returned home sorry for his delinquency, the father, overjoyed ran to meet him, and had a *fatted calf* killed for the repast, round which the happy family were to gather and eat in thanksgiving for the return of the young man to a life of honor, obedience, and integrity. "*Rise Peter, slay and eat*," gives also another example, although the vision implied in figure other things at the same time connected with Cornelius's visit; indeed we have abundant proof in our day and generation, to believe it perfectly lawful to eat the flesh of animals. There are some persons whose fine feelings are averse to the *killing* of animals for consumption, thinking that they may have no right to take away the life they could not give; still if we look back to

the day when Abraham was ordered to sacrifice his own child, God did not view the slaughter of the ram in the son's place, as against those fine feelings which we have a right to suppose Abraham possessed, as well as those living in the nineteenth century. We could multiply instances, but the present ones are of sufficient potency for the purpose.

In all the animal creation, the teeth appear to indicate the nature of the food fitted for each species, and animals are classed under three heads, viz : the Herbiverous, that live on herbs or vegetables, the Carniverous or flesh eating animals, and Omniverous, that eat the food of the other two indiscriminately.

Of the first kind we may take the cow as an example, and as the digestion is slow, nature has ordered it so that after the animal has filled its stomach, it retires to a recumbent posture and proceeds to mastication.

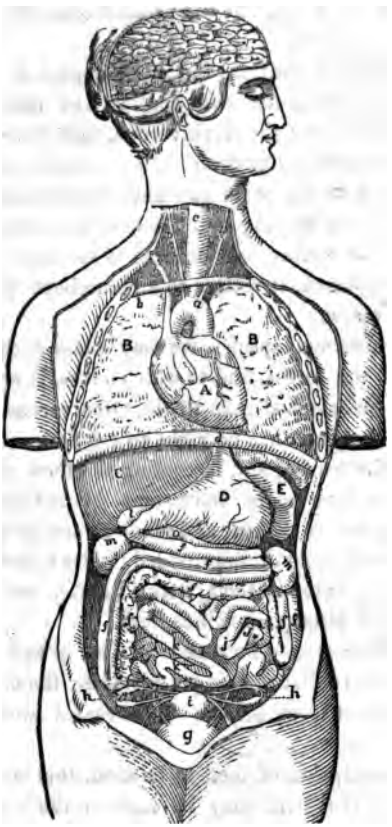
Of the Carniverous species, we may class such animals as the wild beasts of the forest, and to which class, it appears that man should rather be attached than to the Omniverous. It has indeed been asserted that man has no right to eat flesh, and that his teeth are not made for tearing and lacerating the food that supplies the lion ; this reasoning might have some plausibility, but that the flesh for man's use is cooked, and made so tender as not to require any different teeth from those provided ; indeed there are some vegetables were they eaten in their natural state, would require the teeth of the wild beast as much as flesh.

Of the third class may be reckoned the Pig and the Duck. Altogether, we believe that man is permitted by the allwise to eat animal flesh, at least if we believe the revealed word which he has vouchsafed to us.

As to the description of food to be used, this is a matter so commonly known, that little may be said on the subject; long and labored essays have been written, and numerous are the opinions on the subject, but where health is good, it appears to me not so much as to the kind, as to the care in being moderate, in its use at a meal. It is a wise saying, that no person ought to leave the table after a meal, so full as to be unable to eat more.

The Digestive Organs,

Cannot be imposed on, and if they are, the system in other parts suffer, and the whole man feels the effects of the disorganization.



A. heart; B.B. Lungs; C. Thorax; D. Stomach; E. Spleen; M.M. Kidneys; G. Bladder; d. diaphragm, which forms the portion between the Thorax and Abdomen.

There is nothing more wonderful to contemplate than the digestive faculties of the stomach, and the fact that digestion will pro-

ceed in the healthy stomach without any apparent exertion, changing a meal into that state, to suit the absorbents, and thus conveying a fructifying principle to the furthest extremity of the system.

As the "*Life is in the Blood*," it becomes a matter of the greatest astonishment also, how blood letting, ever became a practice among the faculty of any age. Among the thousands which I have successfully treated, I register the result, viz: that in no single case have I used a lancet, nor indeed could I, without believing that I was sapping the foundation of the patient's constitution and rendering him less capable of rallying, no matter under what disease he laboured.

How true it is, that when we leave nature, we embark upon the ocean without guide or compass, and thus make shipwreck of our profession.

Vegetable medicines have been those appointed from the creation of the world; were used by the people, for thousands of years, and we have the fullest assurance from history, that persons lived then much longer than they do in our day and generation.

How grossly deficient were men then in casting away the remedies appointed by infinite wisdom, and taking up with the poisonous minerals, that have for such a length of time been devastating the world.

How beautiful are the laws that govern our being, everything so adapted to its peculiar office, every thing wonderfully complicated, yet everything carrying out its own peculiar office, with truth and precision. Can we then for a moment withhold the acknowledgment of a wise, a wonderful, and bountiful Creator, whose ways pass all our knowledge, and can we avoid wishing to comprehend more and more of his attributes and his will, connected with his fallen yet trusting creatures.

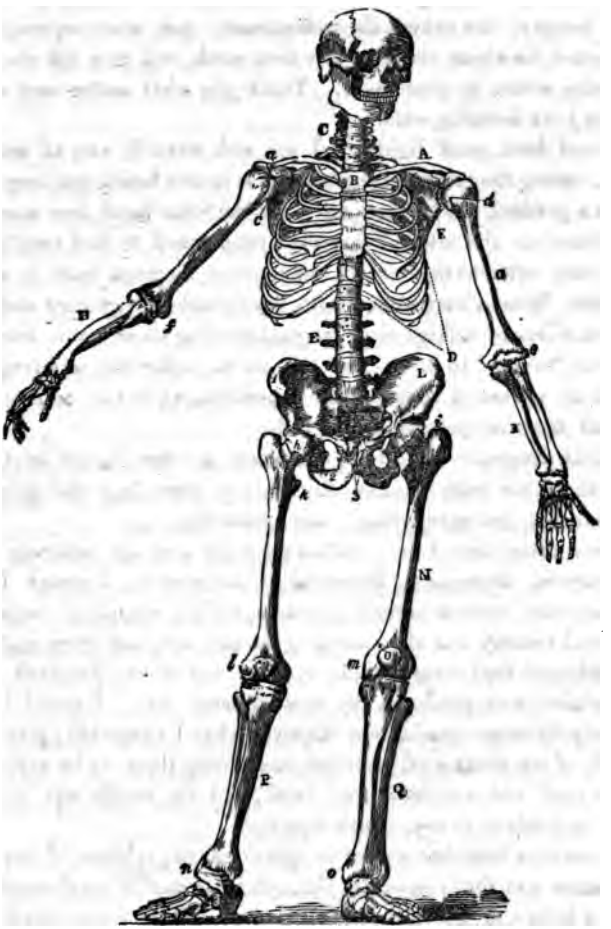
"*How charming is divine Philosophy, not harsh and crabbed, as dull fools suppose, but musical as is Apollo's lute, and a perpetual feast of nectared sweets, where no crude surfeit reigns.*"

CHAPTER III.

GENERAL LAWS REGULATING HEALTH—DISEASED FOOD, AND ITS CONSEQUENCES—AIR, LIGHT, AND HEAT—THE HUMAN FRAME, &c., &c.

There are many who lay down laws for governing longevity, which are not by any means universal. That the wealthy naturally have the advantage of following sanatory rules, while such a course is evidently altogether out of the reach of the poor, no one will deny, a circumstance that makes the chances more than double, in favor of the rich. The posession of wealth, enables the prudent man to provide against all contingencies — he can eat the best, and most nourishing food, and drink the most nourishing liquors. If it be cold, he can stay in doors, or put on an extra amount of the best clothing, or if it be too hot, he can repose in the shade, go to the sea side, and enjoy the Atlantic breezes that restore, and renovate the system. But when we view the poor mechanic, how does it fare with him. Cold or hot, rain, hail or snow, he must be up by day light, trudge off to his work, which is frequently in some crowded room in an equally crowded thoroughfare, with insufficient light, and perhaps bad ventilation, surely it is no wonder that the Rich should live long, while the Poor run a short and turbulent course.

Oh! ye wealthy! — do you really know that you are only agents in the hands of Providence, not to hide your talents in the napkin. Do you with all your surplus, use any of it in alleviating the miseries of your less favored fellow travellers, are you seeking out, and helping to better the condition of those who cannot afford the *purple and fine linen*, which it is your province to luxuriate in: in a word, are you sensible that you will one day not far off, have to give an account of the ten talents committed to you, and are you sure you will not be found saying, "I knew you to be an austere man," so I folded your money in a cloth, and now you have it again.



The Skeleton of an Adult Person, consists of 246 distinct pieces :

Bones of the Head, 8 ; Ear-Ossicula Auditus, 6 ; Face, 14 ; Teeth, 32 ; Back-Vertebral Column, 24 ; Ribs, 12 pairs, 24 ; Tongue, 65 hyoides, 1 ; Upper Extremity, Arms, Wrists, and Fingers, 64.

It is to be hoped you will be able to say better things, and that the hungry, the naked, the unfortunate, and more especially the *diseased*, to whom you were kind on earth, will then lift their approving voices in your favor. Think you what music such would be to your listening ears.

Good food, good light, good air, and warmth, are, as we have said, among the principal ingredients to insure health and longevity, with a prudent use of them all. On the other hand, how many are sacrificed on the altar of poverty; condemned to bad ventilation, and very often to destructive influence of diseased food, in all its phases. What a harvest for death lies outside the grocery and provision stores of a large city; vegetables long since taken from the ground, exposed to the rays of the sun day after day, and frequently in an advanced stage of decomposition, while the markets are full of the same poisonous materials.

Meat above all other things in warm weather should be fresh; but alas! the poor cannot choose, they must buy the refuse of the market, and struggling *to live, must die.*

How often have I been called upon by persons suffering from Dyspepsia, Dysentery, Diarrhœa, Constipation, diseased Liver, Spleen, &c., little dreaming that though their complaint was bad, the real remedy was after purifiing the blood, to eat *fresh* and well conditioned food — and in ninety-cases out of one hundred, their complaint was produced by unwholesome diet. I would immediately by cross examination discover what I suspected; give them some of my courses of medicine, cautioning them to be sure as to their food and *unadulterated* drink, and the result was either a call or a letter to say, *I am now well.*

How true it is that we are to a great extent, arbiters of our own destinies, and that frequently through ignorance or carelessness, we suffer injury in our physical structure. If the consequences followed in quick succession the breaches of the laws of health, men would be reminded more effectually of their transgressions, but unfortunately such is not the case; on the contrary the ill effects insidiously creep on, and the the first intimation is general disease of one or more of the organs of life.

To heal the injured is then the duty of the Physicians; and who will not say, so complicated is the "human form divine," that the master of the healing art must be a person of deep study, a physiologist of the highest order, a man of experience having all his actions for the benefit of the human family based on sound reasoning principles, well acquainted with chemistry, and botany, a good mathematician rather than a subtle logician, in fine, having some good idea upon any and every subject, and treating his patients with kindness as well as intelligence.

When men like these are found upon the pathways of the distressed, there may indeed be rational hope that the evils and the calamities consequent on disease, will vanish before the healing breath of science and integrity.

It cannot be too often reiterated that *timely assistance* is the great desideratum in the cure of diseases. No doubt the delays in sending at once for assistance are productive of great evil, not simply to the patient, but it often throws obstacles in the way of the physician. To understand the *diagnosis* of diseases is the most difficult part of a physicians duty, which is the power of deciding on the first interview with the patient, not only *the* disease, but *the stage* in which it is. Numerous diseases have in their premonitory symptoms so much similarity, that it is the real field to test the qualifications of the medical man, while the diagnosis being positively assured, treatment becomes easy. In order to assist persons, I have therefore got all my medicines so made up that they can be applied immediately with certainty and effect, a desideratum long wanting in the medical world.

In order to show how fearfully yet wonderfully man is made, the accompanying sketches exhibit the skeleton of the human frame, being the anterior and posterior elevations; as we view it we become mute in the contemplation of the wisdom, and power of the great architect.

POSTERIOR VIEW OF THE HUMAN FRAME.

CHAPTER IV.

PULMONARY CONSUMPTION—(PHTHISIS PULMONALIS)—TUBERCLES—THE DISEASE PERFECTLY CURABLE, EXCEPT IN ITS LAST STAGES—AIR TUBES—SOUNDING THE CHEST—STETHESCOPE AND OTHER INSTRUMENTS, &C., &C.

THERE have been so many different versions of this disease promulgated to the world, and such a variety of opinions on its cure, that I think it better to enter on the subject in detail, first stating some of the principal causes of the disease, and then enumerating the most feasible remedies. Without hesitation, however, I will at once say that I believe it to be a perfectly curable disease, except that it is allowed to run on unrestrained, until the lungs become one mass of corruption.

The principal causes appear to me to be as follows:

1st. Constitutional debility from birth, tending to a destruction of the proper symmetrical figure of the frame.

2d. The same artificially produced, by living in direct opposition to all known laws of health.

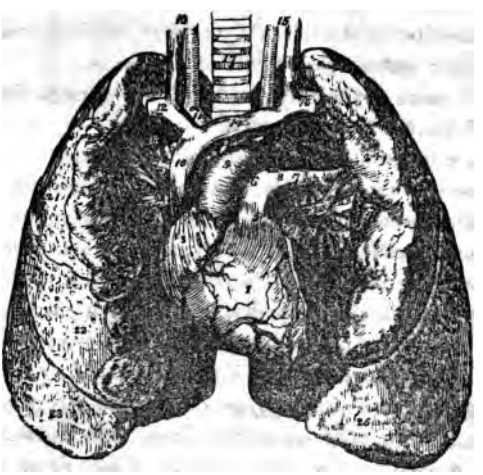
3d. By foreign bodies breathed into the lungs.

To those who are naturally of a delicate frame and constitution, and who from weakness, especially in the spine, inducing as a matter of course a roundness in the shoulders, thus compressing the lungs into a narrow chest, I would say, as you value your existence you must live a temperate life, avoid night air, take gentle exercise, eat nourishing yet light food, and never too much at a time, improve your form by using dumb-bells, or by some of the least fatiguing motions in a gymnasium, avoid stooping over a table or desk, and keep your shoulders back, thus assisting nature in making a capacity in the chest, large enough to allow the lungs full play; when you read, read aloud; avoid damp clothes, lying in damp rooms, and keep your feet always warm, use cold water baths every morning, and use the friction brush or coarse towel, and thus *persevering*, you will in time become healthy and robust, and the predisposition to disease will vanish.

To those who willfully live in neglect of the common laws of nature, or who run riot in dissipation, what can be said but that disease will surely follow, and consumption will be one of the first in the train of attending evils. To these, however, I would say that their course invariably causes their blood to be impure, leaving as it passes through the lungs a deposit, that the first cold they get may ripen to a fearful disease. They should therefore be doubly careful to attend to any cough they may get, and lose not a moment in procuring relief.

To those whose occupations and trades oblige them to inhale, perhaps for hours in each day, foreign matter, I would recommend the use of gauze over the mouth and nostrils, and to allow the beard to grow, this latter practice has been found very beneficial among the Parisian Artisans, and has a good effect in preventing consumption.

VIEW OF THE LUNGS.



This figure represents the anterior aspect of the Heart and Lungs.
1 Right Ventricle ; the vessels to the left of the number, are the middle Coronary artery and veins ; 2 Left Ventricle ; 3 Right Auricle ; 4 Left auricle ; 5 Pulmonary artery ; 6 Right Pulmonary artery ; 7 Left Pulmonary artery ; 8 Remains of the ductus arteriosus ; 9 Aortic arch ; 10 Superiour cava ; 11 Arteria innominata, in front of it is the right vena innominata ; 12 Right Sabclavian vein ; behind it is the corresponding artery ; 13 Right common coroted artery and vein ; 14 Left vena innominata ; 15 Left caroted artery and vein ; 17 Trachea ; 18 Right Bronchus ; 20, Pulmonary veins ; 21 Upper lobe of the Lungs ; 22 middle lobe ; 23 inferior lobe.

Perhaps there is no disease less understood by the majority of the public than consumption, and thousands have an idea that a severe cold is all that is necessary to its production at any or all times. This is a fatal error, and so general that it requires a few explanatory words.

As we before said, the Blood passes through one of the ventricles of the heart into the lungs, and in so doing, when *impure*, leaves a deposit behind it. This deposit shows itself in small ashy colored spots on the surface of the lungs, remaining in quiescence until *some* exciting circumstances, among which may be reckoned inflammations, produced by cold or other causes, when the spots assume the character of round pimples or pustules, which if not immediately treated, inflame; finally grow soft, and suppurating, form a continuous field of ulcerated sores, running into one another until the whole organ becomes one mass of corruption, with holes. Expectorated pus follows, and unless the disease is arrested by proper medicines will produce death.

This in a short way is the description of pulmonary Phthisis, and we are thus honest in our remarks, as we are particularly anxious that the world should not b egulled by those *quacks*, who would lead people to believe in the controling power of *their* wonderful nostrums, more especially where they can trace in superstitious arrogance, their affinity to their sires in some odd number in their lineage.

It will be well now to give some information as to the means that may be used by any one, to satisfy himself whether he is afflicted with consumption or not; and it will be necessary to say, that inflammation of the mucus membrane of the air tubes must not be mistaken for it. A cough with expectoration naturally follows the latter disease, as well as the former; when the patient therefore expectorates let the contents be immersed in water, and if merely mucus it will float, but if pus or the corruption from tubercles it will sink immediately. There are other means, as for expample, sounding the chest; where the lungs are diseased, the sound on knocking over it will be what is usually understood to be a dead or

dull sound, while the same knocks over the healthy part will be like taps on a sounding board.

It will be here necessary to make some observations on those instruments that are supposed to assist in detecting the fissures in the lungs, and although the Stethescope, which is nothing but a tube in the shape of a clarionet is often used, still the prognostications are so readily discovered by the ear alone, that no great advantage is secured by such means, as the gurgling of the air will be plainly discernable on placing the ear in contact with the breast. There have been other instruments offered to the public, but they are still less valuable, whether they may assume the cognomen of thermometers, barometers, hydrometers, or any other indefinite *nom de plume*, as the existence of the disease can be fully ascertained without them; indeed they are only dust thrown in the eyes of the ignorant and unobserving.

It will be as well to remark that in constitutions otherwise healthy, the seeds of consumption may and do remain in the lungs during a long life without ever coming to maturity, and it is remarked by all physicians that hardly a case can be found on a post mortem examination even in the most healthy, where the lungs are *entirely* free from disease. This is very apparent, from the fact that the sudden changes of climate are severely felt by this member, in consequence of its approximation to the bronchial or air tubes, the mucus membrane of which is so often tried by inflammation

There have been lengthened discussions among the faculty as to what causes the circulation of the blood, but this not being a relevant subject, we shall only quote a few words as pertaining to the lungs as given by Dr Fitch in his excellent treatise on consumption. The Doctor asks: "What are the uses of the Lungs?" and answers — "I reply: they give to the human machine its power of action. This power exists in the atmospheric air; and the lungs are the medium by which, and through which, that principle which gives the human machine its living power is conveyed to it."

"The lungs have the same relation to the human machine, that the water wheel has to the mill it moves. The air is the same to the

lungs, that the water is to the wheel; shut off the water from the water whee'. and it soon stops; shut the air from the lungs, and they as soon stop, and all the system with them; where there is no air there is no action; and the consumption of air in any living machine, is in the exact ratio of its size and action. It is most likely that, in all animals, the same amount of action requires exactly the same quantity of air."

That consumption is of modern growth in the world is quite certain, making it evident that the habits of life of the aborigines of the country were inimical to its growth, while it has followed civilization and its consequences in rapid strides; a return therefore to the frugal living, and less effeminate mode of existence, will ward it off better than any species of medicines; when however, it does appear, a *proper* course of herbal medicines become absolutely necessary.

To the female sex it becomes absolutely necessary to point out one circumstance in particular, by which they become a prey to its devastating influence; fashion, that tyrant, has unfortunately for women, come in and demanded that every fashionable lady should so girdle her waist as to compress the skeleton of the body, thereby forcing the lungs, heart, &c., into so small a space, that free action can no longer take place, the air cells close up, tubercles set in, and consumption inevitable.

As consumption is often brought on by other diseases, perhaps it may be well to state a few of those diseases, and the manner in which they operate towards the malady under discussion

Typhus Fever leads in numerous cases to consumption.

Rheumatism also may settle in the lungs, and by preventing a free and full expansion engender the disease.

All cutaneous diseases when by cold thrown in upon the system, will very often produce consumption, such as Variola, and Varioloid, and great care must be taken to get the eruptions clear of the system so as to avoid such a result, all this, proving the necessity of strict enquiry into the particulars of the constitution, of every patient suffering with consumption.

Dyspepsia often produces consumption by debilitating the system; while the digestive organs are out of order the blood becomes impure, and hence the secretion of matter in the lungs that produces consumption.

Diseases of the throat and bronchial tubes when neglected, also produce consumption; when the mucus membrane becomes inflamed and no effort made to assist nature, the inflammation will sometimes extend to the lungs, and thus will consumption begin.

There are of course many other diseases that may produce consumption, while some diseases have cured consumptive patients.

It will not be amiss to say a word or two on the subject of the common practice among the faculty generally, to send their consumptive patients on journeys, especially to warm climates, and on this point I would warn all my readers. I regret to think that those so recommended are generally in the last stage of the disease. How fruitless is this journey, nine-tenths never return to their homes. It is quite a mistake to think that a very warm climate is good for consumption; on the contrary, for we find all the islands in the Carribean sea very subject to the disease. We do not advocate no change, but simply the extremes of climate; for instance, if a person has consumption in Canada, we think by all means that a removal during the winter to Cuba, would be attended with considerable benefit, or short sea voyages in temperate latitudes.

Above all things *never neglect* what is generally understood by *a cold*, and remember that consumption is easier warded off than all other diseases which mankind inherit from their parents, and by timely application to *me, my medicines* will prevent and cure consumption, unless the disease has by neglect so far proceeded that the entire lungs are one mass of corruption, under which alternative, I am satisfied there is no cure. I received a letter from a lady in the month of March, 1852, stating her case, which came as near the hopeless point as possible, by neglect. I could not honestly give her much encouragement, still I sent her a twenty dollar course of my medicines with the necessary instructions, and I was gratified to think that she completely recovered, although several physicians had declared her case utterly beyond medical skill.

CHAPTER V.

FOOD AND DRINK, VEGETABLES, WATER, FERMENTED LIQUORS, WINE, BEER, MEDICATED ROOT BEER, CIDER, MEAD—ABSTINENCE.

THERE can be no doubt that within every human being there is implanted an ardent desire to live as long as possible, and it is quite as certain that the chief cause of the shortness of life in the present day, is the almost entire deviation from the simplicity of living which the antediluvians followed, and among whom there was little disease.

MEAT.

Previous to the flood, men did not eat meat, and from this we may suppose that vegetables were the proper diet for a lengthened life. It has been asserted by most physicians, that the greasy matter in the meat is inimical to the digestive organs, and that the blood, and the bile become vitiated; indeed it cannot be denied that, after a hearty meal of meat, followed by a copious draught of wine, the heart is increased in action, and the pulse quickened, while the opposite affection is observed from partaking of vegetables. Besides, meat in large quantities is too stimulating, and therefore, in hurrying on life, shortens its duration. The blood also becomes too rich, and too thick, thus producing unnatural excitement of other organs, and producing inflammations, brings on disease.

TEMPERENCE.

It will be admitted that of all earthly blessings, health is invariably considered the greatest; the very morning salutation of "How do you do"—proves that without health we should be ill able to enjoy the pleasures, or carry out the business of life, and

as it is the most important thing in life, so it is equally important to know how to possess it; and in this discovery we may truly say that *regularity*, and *temperance* become the first ingredients.

When the various organs of the human body perform their accustomed duty without trouble or inconvenience, then health is present, and when we look at the vicissitudes through which man daily passes we are in astonishment, that he gets through the ordeal in such comparative security. There can be no doubt, however, that the laws of nature properly carried out, enables man to reach a very old age, and on the other hand, those same laws neglected or not applied, will as assuredly bring premature death.

Another fact may here be stated, namely, that it is much easier to preserve health, than to gain it after the constitution has been impaired. To keep health needs but *temperance* in all matters, while there are one thousand versions of the means necessary to restore it; in fact *temperance* has been called very appropriately, the "Physician both of soul and body."

SIMPLICITY IN DIET.

I should be untrue to the principles of the *New System*, were I not to state unequivocally, that more people preserve health by strict attention to *diet* than by any other means. To be sure where man in his nature is subject to so many influences, it will be that the system at times becomes deranged; it then becomes the province of my medicines to aid and assist the temperate frame, and a recovery becomes certain, no matter what may be the nature of the natural infringement.

VEGETABLES.

There are several very rational reasons, that makes vegetable diet more consonant with the human frame than animal food. First, they are of less specific gravity; secondly, they are more easy of digestion; and thirdly, they will not putrify in so short a period as meat; besides, they prevent constipation, thus keeping up so much irritation in the bowels, as is necessary to carry off the

feces, without requiring the introduction of any foreign body into the stomach.

It may be thought that persons whose duties are laborious, require something stronger by nature than roots and fruit; this however, is easily demonstrated by the fact that large communities of the strongest and healthiest persons in many parts of Europe, subsist entirely on potatoes, and others on fruit. The Irishman only eats meat twice a year, while the Spaniard lives the whole year round on vegetables, such as onions, pumpkins, garlic, &c., &c. We have also various well authenticated facts of people living to a very advanced age, who have never tasted meat. Still I do not disapprove of meat in moderation, indeed it would scarcely have been allowed by the allwise were it right to repudiate it entirely.

WATER.

There is nothing connected with man's nature of such importance as the fluid necessary to dilute his food, and cool his system, and when we view good water, we see at once that nature has provided every thing requisite, and yet in perfect simplicity. Spring water is not only the best, but the most grateful to cure thirst. Look at the mariner cast upon a desolate sand bank, and ask him which he would prefer, a barrel of water or a barrel of wine, and hear his answer. The wine would only increase his thirst, at once admonishing us that the great being who created us, knew better than our acquired tastes, and therefore made the springs of the earth. It is also a fact that a man could live twice as long without food, as another could without drink; water therefore is of the first importance, and where it is not pure but contains earthy substances, it naturally produces disease. Filtering in an artificial way has been resorted to, but natural filtration is considerably better.

In the large English garrison of Gibraltar, spring water could not be found to supply the wants of the people, and large tanks under ground were formed to receive the rain, this, trickling through what is denominated the *red sands*, became so pure that

it was greatly preferable to any other water that could be obtained, and was the cause of many invalids repairing from the interior of Andelusia to drink it.

There are certain temperatures of the body which require great caution in the use of water; it should never be drank too cold, and above all things not drank at all, while the person through fatigue is in a state of perspiration; as the body cools down, it should be carefully taken in small portions, thus avoiding spasms and convulsions, which might otherwise ensue.

ARDENT SPIRITS.

I can only raise my voice and wish that the system of making artificial liquors for common use, had never been invented. When we see the awful tragedies that have been and are enacted under its influences, we are almost inclined like Paul to wish the fatality upon ourselves, were the world free from its iniquity; but, independent of the crimes it engenders, we have the diseases it also inflicts. It inflames the blood, destroys the coat of the stomach, ruins digestion, takes away the appetite, engenders dropsy, apoplexy, madness, as in *mania a potu*, diseased liver, fevers, rheumatism, pleurisies, and a host of other disorders too numerous to mention.

If people will drink ardent spirits, we would say, procure the purest and then dilute it well with water, but it is best not to take it at all. How little do the *dram drinkers* know the constitution of the material that lines the stomach. Could they see the inflammation caused by the vile stuff they continually pour down their throats, they would be astonished, and perhaps terrified.

I was sent for by a man who complained of a catalogue of diseases, and I was not long in discovering that drinking ardent spirits was the origin of all his evils. I told him he should accompany me that evening to a friend's house, and I would there prescribe for him. About seven in the evening I called for him, and we proceeded to where a party of medical men were investigating the stomach of a man who died in *delirium tremens*. I introduced my patient, and then showed him the purple and velvety coat of the

stomach under examination, I told him by continuing the course he was pursuing, such finally would be his condition, and giving him a course of my own medicines, told him it depended entirely on his *faithfulness* in *complying strictly* with my injunctions, that the distress he complained of would be cured when the fiery alcohol no longer formed a daily beverage, and the medicines which I gave him would then renovate the system, and he would be a whole man; his initiation into the dissecting room dwelt so strongly on his imagination, that he gave up drinking entirely, and became perfectly healthy in a few weeks.

WINE.

In all countries where wine is not made, there must naturally be some spirits mixed with it, in order that it should keep; large quantities therefore of wine under these circumstances should not be taken into the system. In countries where wine is made, and therefore no spirits mixed with it, it is quite a different thing. I remember going into a hotel in the city of Cadiz, in Spain, and wishing to taste the wine of the country, called for a little, when the question was at once asked me, which I would have, English, or Spanish wine; at first I was at a loss to know what was meant, but was soon informed that the English wine *was adulterated for exportation*, and the Spanish was pure as it came from vinyards, opposite the town.

There have been long dissertations on the subject of the wine at the marriage feast, and I am convinced (as the ceremony took place in the east, and no doubt where wine was made) it had no adulteration, although there might have been fermentation.

That wine is useful in many ways medicinally, every one must admit, and indeed in some cases during old age. Paul's direction to Timothy, shows clearly that even in the apostolic days it was considered a rational tonic in necessitous cases.

It has been generally thought that the wine sold in America is adulterated here after its arrival; it may be, but as far as my own knowledge goes, it is adulterated before it comes.

Some years ago, I was in the house of a wine merchant in Europe, and was there shown a great many nostrums that were mixed with the native wine before it was placed on board ship ; one beverage particularly, which the manufacturer significantly called the *Doctor*, was profusely used, while the merchant himself said, that my countrymen were wrong in supposing that the wine was adulterated only when it reached America.

BEER.

I must especially object to beer in certain constitutions ; for instance, bilious people should never drink beer, nor those subject to coughs that proceed from inflammatory action ; generally speaking, however, as a beverage, it is not so detrimental as ardent spirits, and under the shape of porter, may by delicate people be sometimes used with advantage. Spruce beer is a wholesome article, and is good for the blood, as also is

ROOT BEER.

This beer can be made both agreeable and wholesome, by uniting wild cherry bark, burdock root, sassafras, root of black alder, spice wood, or fever bush. This is an excellent drink, and will purify the blood. After the addition of some yeast, and when fermentation commences, it is fit to drink.

CIDER.

When cider is properly made, it is one of the least injurious fermented liquors known. *The sunny side of the apple alone should be used*, this is the first and greatest preliminary ; and cider made thus with care, will make a sparkling, agreeable drink.

CHAPTER VI.

OF THE HEART.

We have now to review, if not the most, one of the most essential organs in the human frame, and upon whose actions, volumes have been written. There is no one unacquainted with its appearance of course, although they may be with its functions, to it are referred some of the tenderest emotions of the human being. In my *heart* "I love you," says an amorous swain to his Dulcinea, "with all my *heart*" responds the aged man, to some new laid out plan for a pleasant excursion — and then of lovely woman it is said :

"Deep in her *heart* the passion dwells." Thus the heart has been referred to as the *primum mobile* of the physical, as well as the mental being.

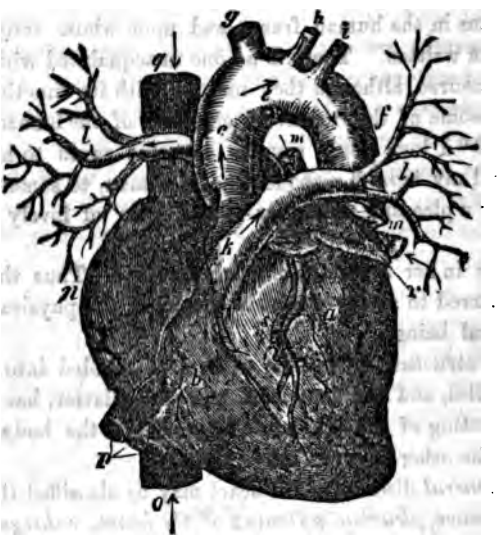
In its structure it may be said to be divided into four parts, two auricles, and two ventricles, one of the latter, has for its duty the projecting of the blood into all parts of the body except the lungs; the other into the lungs alone.

The *general* diseases of the heart may be classified thus: in common parlance, *pleurisy*, *softening of the heart*, *enlargement of the heart*, *ossifications*, (turning into bone) of the arteries, with others contingent or amalgamated with a variety of diseases, and angina pectoris.

I once requested eight of my brethern to assemble and assist me in a post mortem examination, on the body of a female of middle age, and perfect development, who it was stated had died of a "broken heart" Her case may be detailed as follows : I was called in, and was informed by the patient that she was going to die, I asked her where her complaint lay, she replied she had nothing at all to complain of locally, was in no pain, still she was about to die, and she felt confident she should die. I then proceeded to satisfy

myself that no disorganization of the system existed, which I felt after a week's attendance perfectly sure of, and believing her complaint mental, I appealed to her reason, ordered her gentle tonics, recommending change of scene, with occasional amusement, but without the smallest avail, as I found after a few months her determination was still more strongly developed, in

THE HEART.



EXPLANATION.

q. The descending vena cava, returning black blood from the head and upper extremities.

o. The ascending vena cava, returning the same kind of blood from the lower parts of the body.

n. The right auricle of the heart where both ends meet.

p. and *x*, veins from the liver, spleen, and bowels, uniting with the inferior cava.

The auricle being filled, contracts and forces the blood into *b*, the ventricle; next the ventricle contracts and sends it to *k*, the pulmonary artery, which branches into *ll*, to supply the lungs on both sides of the chest. From the lungs, where a scarlet color has been given it, four veins of the lungs gather it together, and deposite it, in the left auricle *r*; lastly, the ventricle contracts and throws it into *c*, the aorta, which conducts it over, and through every bone, muscle, and organ.

the idea that die she must. I then prevailed on her to give me some sketch of her life, which at first she seemed quite reluctant to do, but on my pressing her, and informing her that it would help me in my prescriptions for her she consented, when she told me her whole life. The latter part of her history appeared to afflict her much, particularly where she detailed the circumstance attending her two daughters having left her for an abandoned life, when she concluded "*Doctor this has broken my heart*? I need only say that all I could devise was performed for her, still without any apparent diminution of her frame; after about seven months, she died with the same words upon her lips—"*Doctor this has broken my heart.*" On the post mortem examination no trace of disease could be discovered in her whole system.

What causes the diseases of the heart to require immediate attention when any uncasiness is felt there, is its being as vital an organ as the brain, and as it has been found in so many cases that the heart enlarges after middle life, of course if the chest does not expand, interruption to life must exist. We have therefore, the greatest reason to use every method to expand the chest, and thereby prevent any pressure of the breast bone on the heart. This organ also has a tendency to molify or soften, and few are unacquainted with inflammation of the pleura, generally called pleurisy.

When a person suspects disease of the heart, the first thing necessary is to have the organ examined by a person who is skilled in the art of examination. As an illustration of this, and the good resulting therefrom, I shall mention the case of a young lady who came to me stating that her breathing was becoming every day more and more difficult, that when ascending the stairs, or a hill if out walking, she was obliged to stop every now and again to rest, and that she had the idea that her life was going from her. I immediately examined her chest, and general structure of the shoulders, and found that by a habit of stooping at her work, her chest had been contracted and the breast bone evidently was then pressing on the heart. I did not believe the heart had enlarged, but that the original cavity in which it lay was becoming smaller.

I immediately applied braces to her shoulders, recommended her

to use a pair of light dumb bells, and with some of my own medicines to allay the palpitation, had the gratification to find the symptoms lessen in the course of a week, and finally by perseverance she was restored to health.

It must be admitted that when we view the construction of the heart with all its parts so beautifully adjusted, its valves, and arteries carrying on their respective functions with such unceasing regularity, we are indeed astonished at the powers of the architect; as we said before, the heart as well as the brain may be considered the seat of life; one small fracture and life would become extinct, yet though subject to so many fluctuations, arising from so many causes, such as joy, hope, fear, and the multitude of external accidents; still the whole organ is so beautifully balanced that it goes on with its unerring vibrations keeping up life through the whole system.

Independently of arteries, the human frame has also a venous system, whose province it is to return the blood back to the heart after the arteries have performed their office, and indeed in many parts there are two veins accompanying one artery, while some of the veins lie but little below the surface, thus allowing the blood to have the advantage of air and light. After death the arteries are found empty while the veins are distended with blood, a convincing proof of the truth of capillary attraction.

In whatever light we view the heart we must look upon it as the *primum mobile* of the system, and of all other organs the one requiring most care and attention to its well being, it behooves all to be on the alert, and when disease threatens, to apply at once for assistance.

There are some peculiarities attending the heart which makes it as well as the brain the most vital organ of the system. It is well known that when an artery is destroyed by accident or cut, it is necessary to take it up, or in other words to tie it else the patient would die from loss of blood; not so with the veins however, they close of their own accord. The arteries of the heart especially the aorta, are so large and so near the seat of life as to preclude a surgical operation on them with success. I believe there is but

one example on record of this artery having been taken up; it was a case in which the celebrated Sir Astley Cooper in order to prolong life operated, thus giving a few hours to the patient to settle his worldly affairs.

In the case of a hare pursued by greyhounds, it is not uncommon to find after the chase has been prolonged for perhaps a mile, or from that to a mile and a half, the pursued and timid animal falls dead before the dogs were within reach of her, and upon a post mortem examination, tofind the valves of the heart ruptured, which caused death.

In cases of angina pectoris, that formiable disease, the ascent of an acclivity invariably produces a sensation of extreme dibility, and it is peculiarly distressing to witness the almost fainting paroxism experienced by the diseased, in this particular.

I witnessed the sudden decease of a beautiful young girl who had no serious premonitory symptoms, and in fact was not aware that any disease of the sort was extant in the system; her death was so sudden that no time was given so as to use medicines, and on looking at the lovely form of the lately amiable and gay, I could only say:

"*How true it is, the good die first, while those whose hearts are dry as summer's dust, burn to the socket.*"

No time should be lost in applying for assistance in affections of the heart.

CHAPTER VII.

Diseases of the Kidneys—Rheumatism, &c.,

Such is the wonderful conformation of man that to understand his ramifications, long study, and deep research become absolute requisites, and those fitting themselves for the healing art have a labor, and a study before them of no trifling magnitude. The acquisition of sound knowledge should be the prime object of the medical man; he should possess intellectual powers capable of extension *ad infinitum* — correct observation, and the cultivation of the higher faculties of the soul, and just in proportion as he values the *true* and the *good*, so will his endeavors be to be foremost in the race of benefactors to his species. We now come to a part of the frame delicate in the conformation and one of the great outlets from the system.

THE KIDNEYS.

In this disease there is great pain in the small of the back, like that felt in cholic, but close to the back bone near the loins, while the upper part of the thigh is afflicted with numbness, and the stomach becomes sick, a great desire is constantly felt to make water when a small quantity is only expelled with great difficulty. The urine is of a deep red color, evidently, showing the existence of high fever, while the least motion gives pain; the patient being extremely restless no matter what position he may lie in.

The disease may be brought on by carrying heavy weights, by violent spasms or sprains, by exposure to cold when overheated, by lying or sitting on cold ground, and by calculus, or stone, or gravel, formed in the kidneys.

I will here relate a cure I effected a few years since:

Being in New Hampshire just as the winter's ice had formed, I perceived all the young folks of our neighborhood went out skating. One young man about twenty years of age, happened to get a fall on the ice and hurt his back as he said, so badly that the physi-

cians were called in. The young man lingered for three weeks in great pain, continually pointing to the region of the kidneys as the seat of his complaint. The doctors agreed that the spine had been injured, but failed to mitigate the pain. The family hearing that a strange medical man was in the neighborhood, sent a note requesting my attendance. I went, and after a short examination, found that the fall had caused some disorganization of the kidneys. I could not then exactly say whether they were broken, or only strained; hoping for the better, and giving the patient all the consolation I could, I immediately commenced a course of my medicines, and what was my great joy when I found that after about two hours the pain began to subside, and in six hours from my arrival the young invalid enjoyed refreshing slumber. In two weeks the lad was around and able to attend to his farm, to the great joy of his hitherto disconsolate parents.

Business compelled me to leave for New York before I had wished, so interested was I in the case, but a letter from his mother announced the pleasing intelligence that her son was quite restored to health.

We shall now say a few words on the subject of a complaint better understood in the community, and how many will "*like the galled jade, wince*," when we announce

RHEUMATISM,

for who has not, at some time or another felt this tormentor. How many miserable panaceas have been offered to a deluded public for this disease, and how many heart throbbings have been given by sufferers as they first began to use each new nostrum that was presented for their recovery. This disease I am happy to say yields under the most severe form, to the *New System*, and I have great pleasure in offering my "*rheumatic course of medicines* as the sure thing, indeed I have not met one case in all my practice that required much time to effect a cure; I shall relate one *curious case*, and the quaint finale that took place.

I was called in to see a patient, his knees were greatly swelled,

and the limbs downwards so affected as to cause the greatest anxiety to the whole frame. The man was about forty years of age, plethoric to a degree, was stout, and from an attentive examination I found him possessed of great resolution. Like most others under the influence of pain, every moment seemed an age, and hasty expressions fell from him at the tardiness as he said of all medicines in giving relief.

I had immediate recourse to my usual method, and after a short time, the patient with a little reluctance, admitted that the pain was not so acute, still he was so nervous that he wanted the prescription to act miraculously, and was not altogether complimentary when I informed him that the severity of the case naturally prolonged the time of cure, ending (as I was leaving the room) that if he was not content to wait for the effects of the remedy, all I could recommend him to do was, to get his servant to place him in a chair on the parlor table, then open all the doors in the house, and by taking advantage of his own resolution jump on the floor, run out of the house, and not stop the race until he had accomplished two miles — of course I intended this as a joke, and I left the house.

Three hours afterwards, what was my astonishment, when who should ring at my door but my patient. He had taken literally what I had meant jocularly, had jumped from the table, ran the two miles, and then walked to my office, to prove that he had followed to the letter the injunctions I had left him, declaring at the same time that he felt first rate, and after apologizing for his roughness on the occasion of my visit, departed. I immediately made a note of the transaction as just recorded.

ANOTHER CASE

may be quoted by way of episode, which is told of a clergyman in one of the rual districts. The Reverend Theodore Maxwell had officiated for nearly twenty years in a parish out west, and had for the five years prior to the period now spoken of, been more or less confined to his bed with rheumatism, without being able to get any permanent relief. His good old lady, a house-keeper, and serving man, were the entire of his household; this good lady it will be worth mentioning, having a peculiar partiality for nuts;

this is necessary to mention in order to understand how the old gentleman was supposed to be cured.

In course of time the old lady died, and left it as a request that on her tomb which was in the little church yard facing the parson's house, should be left a bag of nuts, so that had she the power of returning to earth, she could amuse herself of a moonlight night by cracking them on the hard flag that covered her sarcophagus. The worthy parson though entirely above such nonsense, was so fond of his old partner that he determined to accord with her last wish, and accordingly the nuts were placed as desired. The old gentleman, with grief added to his rheumatism, was now confined to his bed, while he had a chair contrived with shoulder straps by which the serving man could remove him from his bed to the dinner table.

Matters stood as related in the old gentleman's house at the period spoken of. It will be necessary now to describe another scene. In the adjacent village in a room in a small tavern, might be seen two young men sitting at a table, while the elder thus addressed the younger.

"It is impossible to see our poor father and mother destitute, we can't get work, we are both willing, but our calling prevents us getting employment at this season of the year. To be dishonest we cannot. To starve we cannot. To see the old folks without comfort necessary for them we cannot. I will tell you what we must do. The Rev. Mr. Maxwell has a fine flock of sheep, in the field near the churchyard; we must take one of them, and the moment we get work, we will make up the price of it, and send the money, in a letter, without any name, so that we shall have nothing to accuse ourselves of hereafter.

The moon was just sinking in the horizon, as the two brothers entered the churchyard, the elder directing the younger to take up his position on one of the tombs, while he went over the fence to secure a sheep, and to be sure to give a whistle if any one approached. As luck would have it, the young lad sat down on the old lady's tomb, and seeing a bag lying on it, examined the article, and finding it full of nuts, thought it was quite a godsend,

to while away his time, so commenced cracking away, and eating as fast as he could.

It so happened, that just at this moment, the old clergyman had sent his serving man across to the church, for the large bible, that lay on the reading desk, and when the man got inside the little gate, he could see, in the dim light, a figure on the old lady's tomb, cracking the nuts; and suspecting his old mistress had come back to earth, ran back with all speed to the house.

Nothing could exceed his agitation as he informed the old bed ridden invalid that his better half had come back to the earth, and was at that moment cracking the nuts on her own tomb.

The old man at first appeared incredulous, but the man persisted in his story, accordingly the old gentleman ordered him to strap on the chair to his back, and the parson sitting in the chair, now ordered the man to carry him across to the burial-place, in order to satisfy himself as to the truth of the statement.

Reaching the gate, they passed in quietly, when the figure appeared indistinctly, and the raps of the nuts were perfectly audible in the stillness. The man now did not wish to approach nearer to the phantom, while the old man on his back was encouraging him to go nearer, and nearer. At this moment, the attention of the lad was aroused, and seeing some ungainly figure approaching, gave a shrill whistle, which had such an effect on the serving man, as to render him incapable longer to hold his burden aloft, when the two took a lurch, and fell headlong to the ground, but no sooner were they down, than the fright brought them on their legs, and both ran off as hard as they could to the house, tumbling into the hall, to the utmost consternation of the old housekeeper, who had kept the door open to watch the result.

The parson was completely cured of his rheumatism, and the price of the sheep sent him in an annonymous letter, after a couple of months gave him some inkling of the cause of his getting rid of a disease that had previously baffled all medical skill.

I regret the old gentleman had not applied for my *rheumatic course of* medicines, when his illness would not have cost him so much unnecessary trouble.

CHAPTER VIII.

Of Epidemics—The Cholera, and other Pestilences.

THE CHOLERA.

Whenever any disease arises that carries off its victims before medicine has time to act fairly on the system, or where the number of deaths are in a large ratio to those attacked, it is customary to denominate it a plague; and such plagues occasionally occur in the world. I shall first state

WHERE THE CHOLERA FIRST APPEARED,

and I think a few paragraphs, on its early history, will not be uninteresting to the reader. Few seem to know any thing of its origin, and of the general opinion as to where the disease lies; what aggravates it; whether it is contagious, or not, and so forth.

As its name implies, it was first observed in that part of Asia known as India, having first broken out at a place called Jessore, in the year 1817; and such were its fearful ravages for the following *twenty years*, that it swept off the face of our habitable globe, *one hundred and forty millions* of the human race. Leaving India, it travelled into Central Asia, carrying death and destruction through the cities of Cabul, Bokarra, &c., &c., finally penetrating Russia, as far as the Baltic, thence spreading itself over the continent of Europe, crossing into Great Britain, and, finally, finding its way to America; nor were China and Chinese Tartary exempt; in fact, it seemed like a demon let loose, a scourge from which no people, or clime, were secure.

LOCALITIES SUBJECT TO IT.

Although a few small isolated parts of the world were exempt

from it, it is curious to remark, that in some places, or localities, the casualtics were very much less than in others; and it may be laid down that, in all places where it has appeared, it broke out first in the *poorest* and *least cleanly* districts, avoiding those parts of cities and towns where the wealthy and the cleanly resided, until the virus, as it were, had got to such a pitch, that no distinction could be traced in its general attacks. The very dissolute became among its first victims, while its severity was fearful in locations contiguous to swampy ground, or where vegetable or animal putrescence was allowed to congregate.

In no place, I believe, was it more severe than in Russia; while in the Caucasus, one-half of those attacked, invariably perished; indeed, in one province, out of sixteen thousand, not less than ten thousand perished.

It was natural to suppose that, among other things thought of, in order to account for the disease, *atmospheric phenomena* should be the subject of investigation; and, according to the best observations made by medical men, it was found that frequent and great deviations took place, in the usual order of the seasons, both before and during the existence of cholera, especially violent thunder storms, and squalls of wind, and rain; while a great mortality was observable, among the inferior animals, antecedent to, and at the time of, its ravages.

CONTAGIOUS OR OTHERWISE.

On the subject of its being a contagious, or non-contagious disease, much difference of opinion exists; for my own part, I am inclined to think that it cannot be transmitted, either by persons or goods, and I feel borne out, by the strongest possible arguments, in my ideas. What shall we conclude, when we view the report of a cholera hospital, at Moscow, which contained *five hundred and eighty-seven patients affected with cholera*, and *eight hundred and sixty affected with other diseases*, and yet *not one of the latter ever took the cholera, while the same attendants had the charge of all the patients; the different articles of furniture distributed*

without distinction; and all the clothes washed by the same women; not one of these latter having imbibed the disease.

The physician general to the town hospital of Dantzic, says, that there were five waiters always near the patients; eight men were employed in rubbing and bathing; nine medical men visited the patients, of whom, one was always in the room in the day-time, and two watching every night; no one, of the whole number of attendants fell ill. A celebrated medical man, in England, gives his account of a hospital, under his charge, he says: "I have visited the hospital, in my charge, under all circumstances of medical depression; I have breathed the atmosphere of its apartments, for hours together; yet I, the attendants, and nurses, all equally exposed, have equally escaped. Not a single individual, about the place, employed professionally, has sustained, to my knowledge, an attack since the disorder has commenced."

WHAT IT ARISES FROM.

On the whole, we are constrained to say, that cholera is an epidemic, depending upon some morbid state of the atmosphere, which, as yet, is not fully known to us; that its severity, or mitigation, greatly depends upon the predisposing causes, at the time any peculiar locality is the theatre of its action, and among the predisposing causes may be reckoned intemperance, filthy locality, exposure to night airs, unsound provisions, sudden atmospheric changes uncared for, general debility and fear.

One of the best rules to adopt in the way of living, when the disease has set in, may be summed up as follows:—

RULES FOR AVOIDING IT.

Strict cleanliness of person, clothes, and habitation; warm feet, and warm clothing; avoid late hours; crowded places of amusement; long continued mental exertion; damp beds; low, damp, ill-ventilated apartments; and never live a moment in swampy or marshy districts. Whatever diet you have been in the habit of using, still use; taking care that it be of a perfectly sweet, and

pure, nature. Avoid all the quack nostrums, advertised as preventives; and should you, after all, feel the premonitory symptoms, seek assistance without the smallest delay; above and beyond all, have an easy mind; remember the golden rule, love God, with all your heart, with all your mind, and with all your strength and your poor suffering fellow-traveller as yourself; not, by so doing, that *you expect a reward*, but for the *sake* of *him* who expects it of you, and who has done *so much more for you*. To those who are so constituted, the plague may spend its fury around and about, but peace will be within, and the day probably arrive, when you open your door, you will find to your great gratification, the lintels and door posts marked, proving that the destroying angel had gone by.

PREMONITORY SYMPTOMS.

As *timely* assistance is of more importance than any thing else in this disease, I shall here mention the premonitory symptoms; not, indeed, that no case occurs without them, only that the great majority of cases are betokened by them. In the first place, the patient complains of weakness, as if after a fatiguing journey; subsequently, uneasiness in the stomach; then frequent evacuations, more or less in number, even reaching to a dozen times during the day, though not attended with much pain; while the countenance begins to show a very sharp appearance. These symptoms are very frequently taken little or no notice of, and here lies the great danger; besides, they may last three, four, or even ten days. Headache now sets in, with cramp in the toes, fingers, and about the belly, with a swimming in the head, and, very generally, a ringing in the ears; costiveness may now come on, for a short period, and looseness follows; then collapse, with vomiting and puking. These, I consider the first symptoms, in the great majority; and it is these, or rather the first of the series, that should be attended to at once.

I have now given as much information as I consider necessary, as to the commencement of this fearful disease, and shall not

follow it into any other more serious form, as circumstances must then determine the physician, what course is proper to pursue, depending on the severity of the attack, and the stage to which it has progressed. All reports made on the cholera, agree as to the principal symptoms; that in the great majority of cases, there were the same evacuations, puking, and purging; the same watery fluid; the same collapse of the skin; coldness of the surface; sinking of the pulse; failure of strength; livid appearance of the features; spasms, &c., &c.

BULAM PLAGUE.

I shall now proceed to give some account of a terrible epidemic, that has occurred occasionally in the English settlement of Gibraltar. To those who have passed through the Straits of Gibraltar, will be at once realized the magnificent scenery of the coast of Spain, on one side, and that of Africa, on the other. The ancients considered these straits to be the end of the world, the *nihil ulterior* of man's peregrinations; the *Mons Abyla*, on one side, and Calpe, or Gibraltar on the other, as they appear on the Spanish shilling; the former rising to some three thousand feet, the latter to nearly two thousand, above the level of the sea, and fourteen miles apart. On the Rock of Gibraltar, where the pestilence, as it appears designated at the head of our period commenced, is a promontory, attached to the Spanish continent by a neck of low land; the Rock, or promontory, being about three miles long, sloping from a height of fifteen hundred feet, to the bay, on the western side; while the eastern face is so precipitous as to be inaccessible. The population, in 1828, when the pestilence broke out, might be reckoned at fifteen thousand for the town, and about five thousand troops. At first, the medical men were astonished at its terrific influences; and, being altogether a new disease, could do no more than prescribe at little better than random, or, at all events, by analogy from the symptoms; nothing, however, appeared to alleviate it; the Spaniards, also, drew a cordon and none could leave the garrison; thus enclosing twenty thousand human beings on a promontory three miles long, and a half a mile slope for the breadth.

The following statement, which I procured from a surgeon, in the British army, and who was in the garrison, during the whole of the pestilential time, will convey some idea of the melancholy drama enacted there. The surgeon says:

"At first, it was considered better not to mention it, under the impression that it might be got under; while, on the other hand, terror would have taken hold of the population, and thus, were it a contagious disease, it would be propagated without limit; finally, it became impossible to conceal it, and the feeling that became apparent in the community could hardly be described. The sudden decomposition of the frame, in those that were attacked, was fearful to contemplate, and nothing but lamentation, and wailing, greeted the ears at every turn; all sympathy and affection appeared to cease, and those hitherto bound by all the sacred ties of consanguinity and friendship, now studiously avoided one another. Physicians now came pouring in from all quarters of Europe, and new propositions were daily made by the Faculty, still no relief. As usual, in foreign garrisons, the troops of Great Britain receive as rations, individually, one pound of bread, one pound of meat, and one pint of wine daily; so among the numerous expedients it was proposed to issue brandy, in lieu of wine; and the result was, that the number of admissions into the hospital was reduced, the next day, by *one-half*. Nothing could exceed the joy of all parties; and nothing could exceed the demand made for brandy, when every one was directed to its use; in fact, it was the only palliative; and, as a matter of course, only discovered by accident."

"As proof of its ravages," the British surgeon continued, "I shall mention a few cases that came under my own observation."

CASE OF THE REV. MR. B——.

"Riding from Europa, towards South Port Gate, on a very hot day, during the height of the epidemic, I met the Rev. Mr. B., a Methodist missionary, we stopped and conversed; he informed me that he had just buried the sixtieth person of his congregation that

morning; it was then noon. We conversed a short time, and separated, and I proceeded on my medical tour; at four in the afternoon, returning to my camp, at Europa, I met four men carrying a corpse in a rough coffin, attended by a few others; I enquired who the deceased was, when I received for answer, without another word of comment, *the Rev. Mr. B.* Thus in four hours was cut off, a young, healthy man, in the prime of life, with whom I had conversed only a short time before, and whose parting words to me were "*how necessary it is to be at all times ready!*"

CASE OF CAPT. E——.

"By some mistake it got rumored about that my friend, Capt E., had died of the pestilence. Accordingly, two men were ordered to convey a rough coffin to the shed where he lay; an officer accompanied the party who carried the coffin and ordered the coarse wooden box that was to be his last tenement, to be laid at his bedside; during the time thus taken up, a Spanish nurse that had attended the Captain, and who was trying to keep the dead man's jaws open with a spoon, while she poured brandy into his mouth, became very angry, abused the whole party, and ordered the coffin to be removed outside the house; to accommodate the old lady, her request was acceded to; the Captain recovered, and I danced at his wedding afterwards, he being united to as lovely a young lady as the world could boast of. Of course, in all pestilences, mistakes will arise, and I make no doubt but some were buried too soon. The Jews refusing to take medicine from the Christians, and not choosing, also, to be interred with them in a common grave, broke up the floors of their dwellings, and there deposited their dead, thus making matters worse.

"The disease in its worst appearances, showed a black line running from the root of the tongue to the point through the centre; and any one that unfortunately beheld that line, on looking in a glass, read his death warrant; whole families were now swept away, the principal medical officer himself (Doctor Henning) was carried off; and no sex, age, or temperament spared, by the infuriate, but unseen, enemy.

CHAPTER IX.

Dyspepsia, Bronchitis, &c., &c.

As the whole being depends upon the function of nutrition, the stomach, above all other organs requires to be inquired into. There are, to be sure, various forms of disease possible to the stomach, which we shall, for the present pass by, in order to give this awful malady the fullest test. Dyspepsia has one peculiarity; it is not confined to age, sex, or condition; its symptoms are numerous, and as I shall probe it to the bottom, I will give the following catalogue, as some of its effects:—weight in the stomach, sickness, vomiting, acidity, heartburn, sleeplessness, diarrhœa, vertigo, languor, depressed spirits, colic, palpitation of the heart, furrowed tongue, headache, bad breath, pimples, sallowness, and sometimes insanity.

The seat of the disease is evidently in the organic system of nerves that control the gastric juice, and, therefore, digestion; and as this disease, from its convergent principles, goes over almost the whole of pathology, a wise and prudent physician will—no matter what local disease a patient may complain of—make himself at once acquainted with the whole economy of the digestive system.

Let us now see what are some of the fruitful causes of this monster disease. In the first place, no one ought to eat too much food, as a general thing, nor yet too much at one meal, for when the stomach is overloaded, of course the digestive powers are overworked, and part of the meal lies undigested behind.

Again—

EATING TOO FAST

at a meal, the process of mastication does not go on as it should, enough of salivation is not used, and the stomach is left to do the duty the teeth and the mouth should have done.

Again—Eating those kinds of food which are in their own natures very indigestible, more especially if this kind be eaten hot and washed down by hot drinks.

Again—

ALL KINDS OF SPICES

to excess; such as pepper, ginger, mustard, &c., &c.

Again—The constant habit of taking

MINERAL DRUGS,

all of which being poisons, are naturally destructive of digestion. Again—spirituous liquors, and narcotic drinks. Again—

TOBACCO.

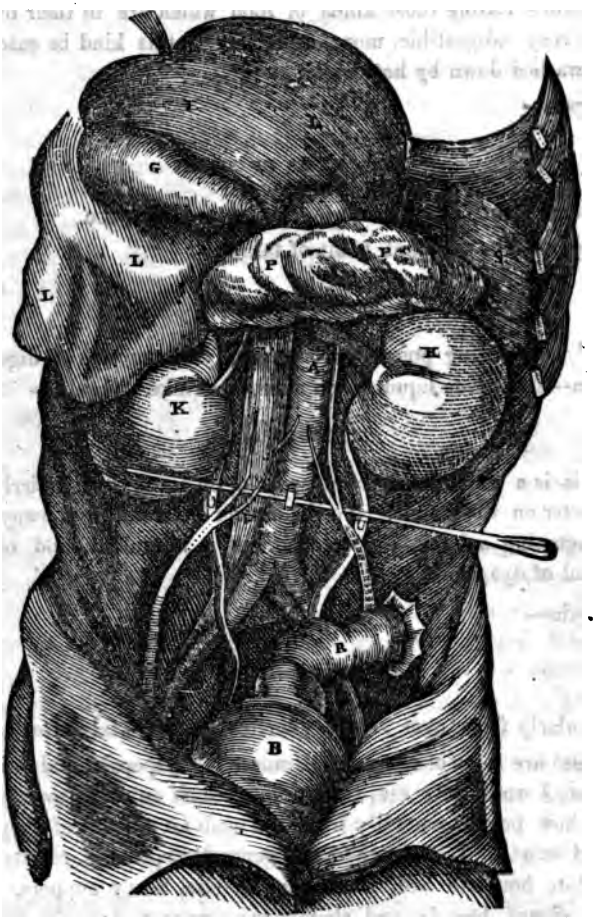
This is a great cause of dyspepsia, on account of its irritating character on the glands. To the chewer we would say, away with so disgusting a habit—so treacherous a stimulant, and one so fruitful of dyspepsia.

Again—

EXHAUSTION,

particularly from over severe exertion, immediataly after eating.

These are *some* of the general causes of dyspepsia, and is it any wonder, I would now ask, that when we look out over society, and mark how people generally live, that such an amount of dyspepsia should exist? Look at the lives, generally speaking, of the affluent—late hours to bed, late hours to rise, heavy suppers, rapid meals, cigars, brandy, and champagne, exposure to night air, and crowded assembly rooms, and a thousand and one other opposites to healthy organizations. But a few years and dyspepsia has set in, the countenance becomes emaciated, the frame feeble, some secondary disease shows itself, which the sufferer thinks is a primary one, but which is only the emanation of dyspepsia.



ABDOMINAL VISCERA.

L. L. L. L. point out the inferior surface of the liver, a little raised from its proper position, to show the gall bladder G., and the pancreas, P. P., round the right end of which the duodenum is curved. S. indicates the spleen, with a vacant space over it, in which the stomach lies. The kidneys, K. K., lie one on each side of the spine; and the two pipes, U. U., are the ureters which convey the urine into the bladder. V. V. vena cava. R. rectum. B. bladder. P. P. pancreas, or sweetbread.

BRONCHITIS.

There are no organs more acute to the alterations, or variations of temperature, than the air tubes, thus rendering catarrhal affections so common among our species, indeed it is wonderful to think what resuscitating qualities we are possessed of, when so fine a tissue as the mucus membrane recovers so often from the effects of disease. The air tubes are lined with this fine coating, which from sudden atmospheric changes becomes inflamed, thus producing an oppressive sensation, tickling in the throat, and cough, more or less severe, in proportion to the severity of the attack.

This tissue must be retrieved, and the wounded membrane restored before the patient is relieved; how many persons are found saying, "Oh! it's only a cold," "a slight cough." Yet this slight cough neglected, may lead to serious results.

ACUTE BRONCHITIS

is the inflammation of the fine lining of the tubes, brought on generally by checked perspiration, but often by other causes, such as over exertion, singing, &c., and commences like a common catarrh, with cough, pain, or tightness in the chest, accompanied by slight fever; when the patient lies down, the oppression feels worse, and the respiration more difficult; the cough is dry at first, and the great object is to use such a course of medicines, and mucilaginous drinks, as will allay the irritation, and bring on expectoration, thus producing a cure.

CHRONIC BRONCHITIS

generally follows a neglected catarrh, or perhaps is the contingency of an eruptive disease; in children, it may arise after an attack of measles, small pox, &c., and the symptoms then are considerably aggravated; the appetite goes, the tongue becomes foul, the bowels inactive, the pulse quick, and the fits of coughing extremely harassing.

This disease is often brought on, like consumption, by inhaling

foreign matter; thus, stone cutters, and file makers, are particularly subject to it and should guard themselves, as I recommended in a former paragraph, by gauze over the mouth during working hours.

One of the most doubtful cases that came under my notice, of *Chronic Bronchitis*, was that of a man, about thirty-five years of age, otherwise a healthy subject; he came to me, and his statement was quite simple; he said that the least cold was sure on all occasions to bring the attack on; that could he avoid getting cold he would be otherwise a healthy man. I immediately gave him a course of my medicines, which relieved him of the attack, but before a great while, he returned, as he said, having got another cold. I now examined more particularly into the man's habits, saw what clothes he generally wore, and was not a little surprised to find a chamois leather waistcoat which he wore tight over his breast, as he said, to keep the cold out. I ordered this to be replaced by flannel, which was porous, and directed him every morning to bathe his throat and breast with cold water, giving him another course of my medicines. In two weeks, he promised to return, and I was highly gratified to hear that the predisposition to disease had entirely vanished. Finally, I recommended him to go once a week some twenty miles into the country, and spend the day under the influence of a new atmosphere. I receive letters frequently from my patient now, but no more bronchitis.

CHAPTER X.

EFFECTS OF THE MIND UPON DISEASES—HYPOCHONDRASIS—HOMOEOPATHY—WATER CURE—VEGETABLE MEDICINES THE ONLY REMEDY, AND APPOINTED OF GOD—ITS EVIDENCE AMONG THE INFERIOR ANIMALS—&c., &c.

THE intimate connection existing between the mental and bodily creation, naturally makes a disorganization of the one act with

proportionate effect upon the other; hence it follows, that while proper medicines are necessary to be administered for the ailing organs, commensurate palliatives are requisite for the mind. Every true physician knows this, and therefore steers his course clear of the extremes, and by a happy combination of the two, does the most possible good for his species, believing that the middle way is the safest, or as the ancients used to say:

"*In medio tutissimus ibes.*"

It will be readily perceived that of all professions, that of medicine in its application requires a combination of learning, thought, study, and above all a perfect knowledge of human nature; else how is the practitioner to be satisfied at all times, but that the complaing invalid is altogether *mentally* at fault. Illustrative of this, may be quoted examples well authenicated.

THE HYPOCHONDRIAC LADY.

A lady once took it into her head, that "*a posteriori*" she was made of glass! and sent at once for a physician, who not having quite as much patience with the invalid as necessary, rather rebuked her for her folly, a course that tended to aggravate her mental alienation, and with some sarcastic observations left the house. The lady every day got more satisfied of her *brittle foundation*, and feared to sit down, as it was possible she might *break herself to pieces.* One day, one of the domestics volunteered to effect a radical cure if permitted, which was at once agreed to; accordingly, the lady's carriage was ordered to the door to take her out for an airing, and the usual *down pillows* arranged inside on the seat so as to avoid accident. The domestic as customary, went to assist to place her carefully in her soft position, being previously supplied with two empty decanters, and just as the invalid was stepping into the vehicle knocked the two together, letting the pieces fall in fragments on the pavement. The invalid screamed, almost fainted, but was satisfied perfectly from that day, that no part of her was made of the brittle material that had caused her trouble and anxiety, for so long a time.

A still more extraordinary case occurred a few years ago.

HYPOCHONDRIAC GENTLEMAN.

A gentleman fancied that his face looked over his back, and immediately called in a physician, who at once believed the man to be mad, and tried to laugh him out of his ridiculous conceit, but the more he was laughed at, the more he hugged the fatal delusion and the physician left him in disgust.

The patient now called in another scion of Esculapius, who proceeding on the opposite course, brought on the following coloquy :

Doctor.—I am sorry to find you so ill sir ; pray give me a description of your case.

Patient.—You can percieve doctor that by some accident, which must have taken place in my sleep, that my head has got turned round, and my face fronts over my back.

Doctor.—I noticed *that* the moment I entered, but am at a loss to know how it happened, had it been by violence you would surely have been aware of it ; however, although it is a new phase in surgery, still it is perfectly within the scope of cure.

Patient.—I am glad to find one person at all events, that is not blind to my terrible situation, all the other doctors only laughed at me.

Doctor.—They must have been very blind indeed, when they could not perceive your *very distressing situation* ; but my dear sir, I have great pleasure to inform you that in the course of a few hours, I will set all right again. I shall be here in the evening, and will then perform the operation, contriving to give you as little pain as possible.

The doctor now took his leave, went home, sent for a carpenter, and had a box made in which he had a fictitious mechanical contrivance set up, and at the appointed hour called (with the box) on the patient.

The sick man eagerly viewed the new apparatus, while the doctor employed himself in adjusting some of the screws. At length all was ready, when two or three of the domestics were summoned to assist in the operation. The box was so contrived (having no

bottom) as to fit over the patients head and rest on his shoulders. Immediately the doctor began to operate on some of the machinery, and at each movement took care to give the man's head a severe jerk, just enough to make him call out, repeating the operation a few times, when with a severe twist that made the hypochondriac roar out, the fete was accomplished, the patient exclaiming (while looking in a mirror) that the cure was perfect. The doctor received a handsome fee, (which he well deserved) and with his wonderful piece of mechanism departed.

As a proof that the extremes of cases in every department of life are very near one another, and sometimes meet, I shall here mention that

HOMEOPATHY

has evidently been the production of attributing almost all diseases to mental alienation, and, thus come the system of infinitessimal doses of powdered bread crusts or other very harmless *medicines*, measured out and given of course with pomp and parade, in the presence of the patient so as to work upon the imagination ; still this failing, the homeopathis does not hesitate to fall back on

ALLOPATHY,

covering up the matter in such a way as to avoid detection. The fact however is that both allopathy and homeopathy are inventions of man, and entirely outside of God's appointment in all cases, at all events, where minerals are in any way compounded with vegetable extracts. With respect to

WATER CURE,

as we read of it, this is no better. Water is indeed excellent, for without its application to the surface of the body, we should soon be a heap of corruption, but because water is an auxiliary, does that sanction the extreme, and give us a rational result in its being a sovereign remedy for diseases,viz : The cases so multiplied in

SCRIPTURE,

and continually thrust forth as proofs of its superior powers, are like all other *texts* of sacred history, used to support some fallacy,

without reference to the *context*. "*Go wash*" was only by its simplicity used to test the efficacy of the *faith* of the patient, while the *Pool of Siloam* had no more healing qualities, no doubt, than the rivers and brooks mentioned in other places; the whole, as already stated, being nothing but to prove whether the patient really believed in the power of the Son of God to heal, by a simple process, or without any process at all, for that matter, as well as by one that, from its ceremonies, might more easily take an effect on the undeveloped and ignorant mind. Of the

INFERIOR ANIMALS,

we may say, that the "*herb after its kind*" was the real curative; we have only to look at these. The dog when sick, goes (not to the druggist) but to the field and with those reasoning faculties that would shame his master, calls from a thousand herbs his medicines; while through all inferior creation it has been proved, that in ninety-nine cases out of a hundred where mineral drugs have been administered, death has been the result.

I flatter myself that I may appeal with confidence to the common understanding of the world on this point, and I have no doubt that my *system*, which is perfectly adapted to all diseases, is the best, the wisest, and only safe system in the treatment of disease.

CHAPTER XI.

Of the Five Senses—The Nerves—The Brain—Muscles, and Muscular Action.

THE SIGHT.

Through the medium of the five senses, the brain receives intelligence of external circumstances, and thus passes sentence in each particular case. It will be false, if we think each sense

perfect of itself, and capable of transferring correct information; we shall find on the contrary, that each is helped by another in performing its special office.

A curious case, in proof of this, took place in London, during the lifetime of Sir Astley Cooper; a boy had been born blind, in America, and was brought to London to Sir Astley. The boy had never discerned any thing, and consequently knew things only by the touch; Sir Astley cut the cataracts from his eyes, and in eight or ten weeks, he saw objects for the first time; when asked to point out a cup from a saucer by his vision alone, he could not do it, but on being allowed the use of his hand, he could at once distinguish them; indeed, I think the sight is about the most faulty of the senses when taken singly, optical illusions being quite common occurrences. If we insert a straight stick (one that we know is so from a combination of the senses) into water, it will have to the sight a bent appearance, forming quite an angle at the point where the atmosphere and the water touch. The sight, therefore, is no true criterion, and we explain the error by knowing that rays of light are bent, on passing from a rare to a dense medium; thus accounting for the appearance, and enabling us to know that the stick is still straight, contrary to the testimony of sight.

Those who will take the trouble to look at the eye, as described in works upon optics, will have cause to wonder at that Being, to whose handiwork man is indebted for one of his greatest blessings, namely, the power of contemplating the glorious works of the all-wise, in the beauties of creation.

THE HEARING.

It is quite a significant expression—the *drum of the ear*, for that beautiful apparatus, that serves us for hearing, which is composed of a little parchment-like substance; upon this, the air acts by concussion, and noise is carried by the corresponding nerves to the brain, thus enabling us to form an idea of sounds. In some persons this apparatus is more perfectly finished and adapted, than in

others, hence some enjoy music exceedingly, while the coarsest sounds, and the most angelic strains, produce like sentiments in the individual who, thus circumstanced, is not able to feel more pleasurable sensations from measured chords, than from the rude noise produced by the hammer on an anvil.

FEELING.

The touch also informs the brain through the medium of the nervous system, as to the object touched; if we touch a large cold stone, the idea of hardness and coldness is at once decided on, while should we touch a feather, the conception of softness invariably occurs; had we no feeling, we might forever view two similar objects, but would always remain ignorant of the degree of density they possessed; for example, a cubic foot of cotton might be packed, and a granite block of equal exterior dimensions; both might be covered with canvas. Now by the sight alone we could not possibly tell the one from the other, but the moment we put our hand to them, a decision takes place at once, and we are no longer in doubt.

TASTE.

This may be called an offshoot of feeling, and is a nerve that lies beneath the surface of the tongue and palate, and informs the brain at once of the flavor of the article under mastication by the teeth, while

SMELLING

is the judgment possessed by the transmission of flavor through the olfactory nerve passing through the membrane that lines the inside of the nostrils.

Thus we see another instance of the wisdom and skill of the *Divine Architect* in our formation, and how beautifully and providentially we are provided with all the requirements to carry out *His* designs connected with us. To those who fully estimate these great plans, it is a matter not merely of astonishment while

contemplating the human fabric, but also one of adoration, by the fact that our wonderful construction is as far above man's puny inventions, as the heavens are above the earth, and these contemplations naturally, on thoughtful minds, produce an anxiety to be conformed as much as possible to the will and the laws of the inscrutable Being who has made us, and by whom we shall be no doubt called upon to give an account of our stewardship. This is what may be called the philosophy of man's being.

INFLAMMATION OF THE BRAIN.

As the brain is considered (relatively with the heart) the most vital part of our system, it becomes a serious indisposition when this organ suffers from the disease under consideration, and may be described as being produced by a pressure on the brain, by an unusual flow of blood to that part. It is certain that those who are addicted to severe mental exertion, are, generally speaking, the victims of this disease, and in proof of the fact, some of the greatest men both in Europe and America have fallen by it. Exposure to the heat of the sun may also produce it, or in fact all and every thing tending to an overflow of blood to this seat of life.

The symptoms are marked by a very high fever, with great pain in the head, the eyes become red and object to the light, while the patient is very restless; sometimes there is heavy sleep, with occasional startings, and the memory fails. In the latter part of the attack, the patient becomes furious, and talks quite incoherently, while the hands are ever and anon raised to the afflicted part.

We shall now see how the old system of treatment was pursued, and it is a mercy that we find the *New System* not only in direct opposition to it, but causing it altogether to be abandoned.

There is no doubt that the celebrated Lord Byron lost his life by this disease, and the madness of his medical attendant in *bleeding him* to such an extent, as to make the patient himself remonstrate. Blood, blood, blood, and the great poet died. Had blood been necessary at all, how much better would topical blood letting have been; leeches, while they would not have destroyed

the constitution, might have relieved the part; but in point of fact, blood was not required at all. Thus one of the greatest poets that ever adorned the world, lost his life by that old system, which has sent so many like Byron to a premature grave. Thank God, we live in a new era. *The New System* with its vegetable extracts now cure, while they renovate the man, imparting vigor to the whole fabric, and proving the words of the Psalmist: "With long life will I satisfy him, and show him my salvation."

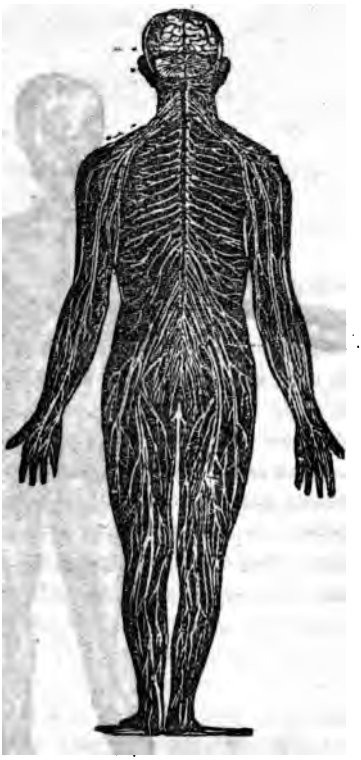
THE NERVOUS SYSTEM.

The brain is in fact a mass of nervous matter, and has proceeding from it an almost infinite number of nerves running like telegraph wires to all parts of the frame, and thus the brain receives through the spinal chord over these nerves, acting as so many wires, momentary intelligence of all that happens. This, in a popular way, may be understood as the *nervous system*, while two nerves may be said to be composed of one chord for feeling, and another for motion. Thus the senses send the necessary intelligence in their respective spheres to the brain, while the same nervous system acts upon the

MUSCLES,

which consist of the toughest portions, and those less burdened with fat, of the flesh of animals; they are required for strength and comeliness, they set the bones in a firmer position, and are not unlike roping up articles which would otherwise fall about, or get out of place, thus by a series of muscles every portion of the frame acts without fear of being displaced.

The power of the muscular system is apparent in every movement of the body, and in proportion as the muscular system is developed, so will be the power of a man increased, hence the necessity of what is termed an active life; the indolent have very soft muscles, and little strength, while those used to energetic employment, or who have passed through a course of gymnastic



THE NERVOUS SYSTEM.

exercises, have great strength, and are able to raise great weights, or perform long pedestrian feats.

Many people imagine that a person to get strong, has only to eat, but this is a mistake; eating may make people fat, but without exercise they will never be strong.

I shall close this chapter with a representation of the muscular system, as apparent in the front formation of a man, leaving the reader to reflect on the sublimity of every succeeding gradation in our composition, and the never to be sufficiently contemplated wisdom of our divine creator.

THE MUSCLES OF THE FRONT FIGURE.

CHAPTER XII.

SUBJECTS AFFECTING HEALTH IRRESPECTIVE OF MEDICINE.

SLEEP.

IT has been wisely ordained by the great author of our being, that after the cares, anxieties, and labors of the day, man should have a proper quantum of sleep, thus to refresh the system, and fit it for each succeeding day's work; how soon the frame would be destroyed were it not that the night ("in which no man can work") comes with rest to the wearied frame. In sleep, however, there are many things to attend to, so as to make repose healthful, and it is therefore advisable neither to sleep too long or too short a period. In the very early part of the world, when artificial light was unknown, the darkness warned people to lie down for the night, while the "rosy morn" again admonished man to be up and stirring. In our day and generation, however, when all things have become new, it is only fashionable to begin the evening about eight o'clock. Happy are they who are not bound by such unstable regulations, but who at a moderate hour fulfil the intentions of their maker, by conforming to original principles.

TIME NECESSARY FOR SLEEP.

It is supposed that six hours for a man and seven for a woman is sufficient in the twenty-four for sleep, and I am of opinion that such forms a very good criterion to go by, for we invariably find from experience, that those who enjoy crowded assemblies, theatres, and places of amusement continually, and are then compelled to lie in bed half the day, are the recipients of ill health, while those who having honorably passed through their daily avocations, regard themselves according to the natural laws of their being—retire and rise again like the sun, to run their appointed course.

These circumstances account satisfactorily for the indisposition so much more attendant on those whose affluence enables and induces them to keep late hours, than those in a more humble walk of life, and whose maxim is

"Early to bed, and early to rise,
Makes a man healthy, wealthy, and wise."

DAMP APARTMENTS.

To live in damp rooms, in damp situations, is one of the most certain methods possible to bring on disease; consumption, rheumatism, and a host of evils follow. Where such, however, cannot be avoided, the more air that can be admitted during the day the better, which with some fire will in a measure keep the apartments aired, and all bed clothes should be aired daily when the weather permits.

ITS EFFECTS ON CHILDREN.

How many children suffer, and how many lose their lives by living in damp cellars, the weekly bills of mortality testify, thus are bowel complaints brought on, and cholera infantum, by which so many of our infantile population are carried off.

HOW TO OBTAIN REFRESHING SLEEP.

Moderate exercise through the day; never take hot infusions of tea, or coffee, or spirituous liquors previously to bed-time If supper be eaten, it should be of the lightest kind, and taken some hours before bed-time; rising early is a good precedent, as we find from history that those who have attained great ages, have invariably been early risers, as well as retiring early to rest. How true it is that those who have even laborious occupations, seldom, if ever, complain of broken rest, while the indolent are invariably subject to disturbed sleep. Avoid mental study by night, those who thus indulge, will find life very short, in fact the mind should be free from deep thought when lying down to rest; by attending to these simple instructions, man will find his slumbers refreshing, and

will rise in the morning invigorated, and able to commence with satisfaction the calling to which he has been appointed.

CLEANLINESS IN PERSON.

It would be well if western countries would look upon ablution in the same light as the inhabitants of the east. Nothing belonging to man's physical necessities requires more attention than the person. The body as every body knows is continually emitting from the pores of the skin, what is termed insensible perspiration, thus does the skin require the action of water periodically, to keep the mouths of the pores open while they carry on their functions, and there can be no rational reason for neglect in this particular, as the material (water) is so abundant and without price. Those who are wise will not fail to wash themselves *well* every morning while those whose occupation is among the coarser arts, would do better by ablution twice a day. In eastern countries it belongs to the people as a religious rite, and ablution commences almost all important ceremonies. It would be well if we followed the example, in as far as the physical benefit derived, in all our large manufacturing places.

OUR CLOTHES.

When our persons are pure, our clothes ought also to be pure; when the perspiration gets into our dress, and that dress not changed, it is taken up again into the system, the pores become choked up, and the refuse that should have come away from the outlets of the skin is thrown back upon the system, to be got rid of through some other channel, but most likely not until it has laid the seeds of disease in the system. Hence it will be seen how necessary it is to change our clothes before we have worn them too long.

OUR HOUSES.

This is a subject demanding serious consideration also; indeed the very fear of inviting epidemics, one would think would induce

every housekeeper, however poor, to keep her domicile in order, and to be certain that all the apartments are subject to daily ventilation.

CITIES AND STREETS.

The public authorities who, generally speaking, are slow to act, principally through the conglomeration of redundant functionaries, leave cities and towns in any thing but a pure state, while the tax payers have invariably to pay whether they get what they stipulate for or not; in New York, those who travelled in the winter of 1853, can well estimate the care and attention of public functionaries; and, where such confusion of office and responsibility exist, what wonder that large cities are dens of filth, and just the spot for epidemics to revel in. Among the disadvantages also in populous cities may be reckoned the influence the wealthy possess, in obtaining the purification of those public promenades where the aristocratic "most do congregate," while those localities where their less fortunate brethren dwell, are left as sites for mud monuments to public delinquents.

CHAPTER XIII.

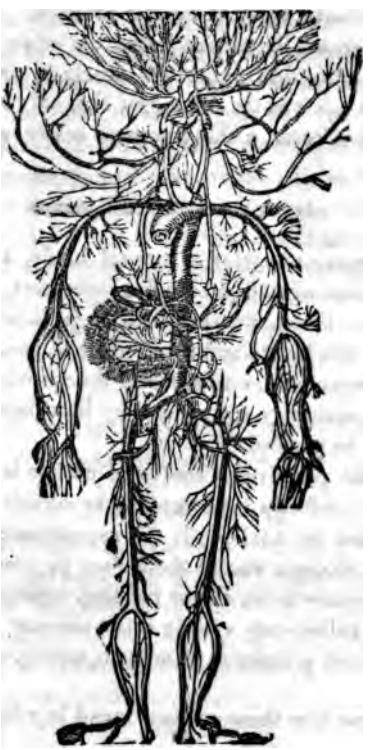
ARTERIAL AND VENOUS SYSTEMS—THE CIRCULATION—RESPIRATION—THE ATMOSPHERE.

ARTERIAL SYSTEM.

THE channels that convey the blood *from* the heart, are not the same through which it returns; it goes from the heart by the arteries, which are deeply seated for protection, and consequently meet with few interruptions from accident while the blood is passed along by the most direct route to the very extremes of the system, this outpouring commences from the left ventricle of the heart; the first or largest artery is called the aorta, which passes upward some distance curving in the shape of semicircle, then branching off into what are called the carotids towards the head, the subclavian to the arms, and others to supply the vertebræ or spine,

it now turns down the chest, passing through the diaphragm, and finally branches off in the direction of the legs forming the femoral and other arteries to the very extremes.

It will be observed that we here speak of the great blood channel, and that as the blood is conveyed towards the smaller or more isolated parts, an immense number of small arteries branch off and thus supply the whole system by an arrangement which to contemplate is as beautiful, as it is mysteriously defined.



ARTERIAL SYSTEM.

The blood having now traversed the arterial system is taken up by the capillaries, and having done its office here enters the

VEINS,

which are a large class of tubes, necessary to conduct the blood back again to the heart; these tubes like the arteries in one particular begin at the extremities in a series of almost imperceptible channels, and increase in size as they approach the body where the heart is seated, and like the arteries have three coats, wanting however in the elasticity enjoyed by the arteries. It is observable that in every part of the human frame the veins and arteries run very near each other, and conform so nearly in size, as the one set returns back, as much as the other sent out, only with this variety, viz: a difference in color, a thing perhaps better understood when we speak of the

CIRCULATION OF THE BLOOD.

The blood contains matter of several kinds, and is conducted through the ascending and descending vena cava, which carry the pure and impure blood, pouring it through their valves into the right auricle of the heart, and from which it passes into the right ventricle, this organ contracting, forces its contents through valves into the main pulmonary artery, and by branches into every part of the lungs to be purified.

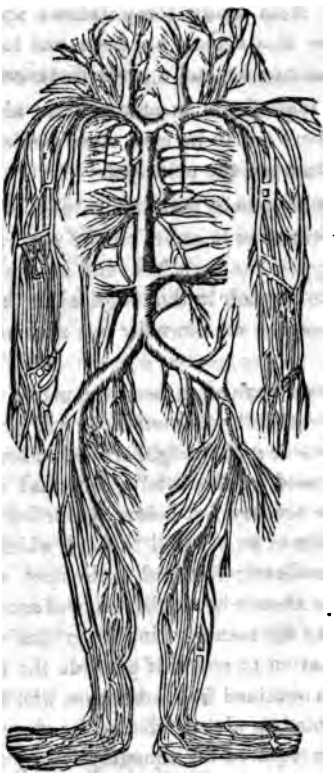
Thus it will be perceived a continual change is going on in our bodies although perfectly imperceptible to ourselves, and that in a given ratio which by analogy, it (in approximation) is supposed that every man changes wholly about once in seven years. What an idea this presents to us, of our physical constitution, and of the power that has called such a being into existence. Is not the conception of so much grandness of scheme, worthy our united praise and adoration.

Let us now see how these subjects stand in relation to

RESPIRATION.

Every breath we draw is necessary to life, and yet every such

breath assists to wear us out and to produce death, what a paradox is here represented, yet such is the case ; a few words therefore on the vital principle we draw into the lungs may not be uninteresting.



THE VENOUS SYSTEM.

THE ATMOSPHERE,

which is commonly called air, or wind when in an agitated state, surrounds the entire globe, and travels with it, in its orbit round the sun ; it is providentially so contrived as to be of that density

suitable to the exigencies of the human frame, and we are quite sensible when it becomes too rarified for our use. From experiments in ascending mountains we are enabled to ascertain the decrease in density as we go from the surface, thereby ascertaining its extent, which from many computations appears to be about forty-five miles, so that a limit has been put to man's leaving the earth by natural means beyond a given distance.

The principal ingredients in atmospheric air are oxygen, and nitrogen gas. There are to be sure other bodies found sometimes in air, but these two are the principal.

It must not be supposed that the volume of air we take in, in an inhalation, returns as it came, on the contrary, a considerable portion of the oxygen has been lost, and an equal quantity of carbonic acid added to it, while in the lungs, while the whole quantity at each inspiration may be set down for one man as, the full of a pint measure.

These calculations have often been the means of saving the lives of individuals, as the following anecdote will prove.

Happening to reside in the neighborhood of some extensive gravel pits, we were aroused by the intelligence that two men had been closed into a space seventy feet below the surface of the earth by the caving in of the sides of an old well through which they had descended; all hands immediately repaired to the spot, spades, shovels and wooden shafts were at once in requisition, and ascertaining the where abouts of the cavity the men were in, the ground was at once broken, with the determination to rescue if possible the two sufferers. Information also was obtained from some men who had seen the cavity, and who were enabled to give an idea of its size; knowing now how much air would be required for consumption by the poor prisoners, it became an easy problem to find out how long they could live, thus we were enabled to see what time we had for working a passage down to them. How gratifying that our calculation was so correct that we succeeded thoroughly in our wishes, and extricated the unfortunate individuals from the dreadful fate that hung over them.

The blood becoming purified returns to the heart and, the air overloaded with carbonic acid, and deficient in oxygen is expelled.

CHAPTER XIV.

PHRENOLOGY TESTED BY DISEASE—DROPSY—ITS ORIGIN AND CURE, &c., &c.

AMONG the numerous systems founded in error that are periodically thrust on the community, may be reckoned Phrenology. To be sure it is bolstered up by special pleading, and a catacomb of skulls, enough to take the ignorant by storm, are ostentatiously paraded; the whole no doubt arranged in such a way as not to fail in being conclusive to the accumulation of the root of all evil.

The fact is, however, that all attempts to be universally correct in delineating character by the shape of the various compartments of the head has totally failed, and for a very good reason, namely, that disease naturally produces oppositions in character, without (of course) any alteration in the cerebellum, or cerebrum, or any other part of the upper region of the body. The man who in perfect health of mind and body must on phrenological principles be told his various virtues, vices, or dispositions, exactly as the same man whose attributes are all changed by disease of mind and body; hence the folly of the system.

As one illustration is better than a book full of logic, I shall relate a circumstance that I witnessed when on a professional tour in the Canadas.

Arriving at a little village one afternoon, and having taken up my residence at the principal hotel, I found on one of the tables a bill, copies of which had been posted up through the streets, informing the public that a certain Phrenologist would that evening lecture in the large ball-room of the hotel, and among others, of course, I went to hear it.

After the learned Theban had finished his discourse, he, accompanied by about a dozen gentlemen, retired to one of the bar-

private rooms, and to which I also received an invitation. During the conversation that ensued, a young lawyer who was present stated his wish to have his head phrenologically examined, and tendered a dollar for the written document required.

The examination was proceeded with, and the document drawn out and handed to the lawyer, who immediately read it aloud, stating that whenever a phrenologist came that way, he invariably got him to give a written opinion on his qualifications, and then pulling out a set of papers from his pocket said, with a most sarcastic smile, "Gentlemen, these papers, *seven in number*, have been obtained from an equal number of phrenologists, and if you will inspect them with the one just obtained, you will find *no two agree!*"

A cipher would only indicate the smallness of the Professor who, naturally enough to cover his own retreat, declared all but his were false, and only the lucubrations of persons assuming to be expounders of the great system.

They might have been all correct, only taken when disease was operating more or less on the mental and bodily faculties; but under any circumstance it was clear that the system was fallacious, and consequently like astrology or fortune telling, only true when accident favoured the officiating charlatan; indeed it would be fallacy to think that a person suffering under some disease, should have the same properties of the same person when health and prosperity were predominant.

ANASARCA.

Let us now say a few words on the subject of anasarca, better known as dropsy. This is a formidable disease, and may be divided into two classes, local and general. There may be dropsy simply of the chest, head, or abdomen, but when the water is not carried off through the legitimate channels, it must find some resting place, which in general dropsy is the cellular tissue. The principal object in the last case is to divert the water into its proper outlets, and then build up the constitution; for this purpose the kidneys must be the very first place to turn our attention to,

and here my courses of medicine come in at once to the rescue while my other constitutional prescriptions build up the debilitated frame, compelling nature to have recourse to the outlets naturally organized; these medicines and a nutritious diet soon restoring the agonized and unwieldly patient to his former comeliness and beauty. I have had numerous testimonials sent me of the complete efficacy of the *New System* in this terrible malady, one case, however, I cannot refrain from narrating.

CURIOUS CASE.

Happening to be in Massachusetts on a professional visit, a lady in the house where I stopped, told me of the very distressing situation in which the husband of her washerwoman had lain for a length of time. She said that the man had been given up by the physicians that had attended him, and that the disease was general dropsy. I at once proposed to visit him, but she said that his case was hopeless, and she thought it better that he should die in peace. I told her that so long as he was alive I thought nothing should be left undone, if not to cure him, to alleviate his sufferings as much as possible, and that I would like very much to see him, with the proviso that I would on no consideration take any fee whatever. The lady acceded; we went, and certainly I never saw a worse case. The patient sat in a rocking chair, despair pictured on his haggard countenance, dreadful anxiety in breathing, and could but just falter out, "*Doctor, I am a gone man.*" I told him I had known people to die without any disease, merely because they took it into their heads to do so, that he ought not to despair so long as life lasted, and concluded by asking him would he try some of my new medicine, which I assured him had no minerals, or any thing poisonous whatever in their natures; he nodded assent. So I administered some of my kidney restorative, and leaving some other medicines to be taken at intervals, I left, telling him to be of good cheer, and I would come at the same hour next day to see him.

On my next call, I found the urinary organs had been in full play; his breathing not so violent, and I felt gratified to see how my views had been carried out. The lady by my directions had

prepared some calf's feet jelly, and I asked him to taste of it; at first he reluctantly complied, but before I left he had eaten nearly the saucer full; giving further directions and a new series of medicines to be used, I departed.

In one week after I returned to New York, I was favored with the following letter from the lady already mentioned.

LYNN, Feb. 5, 1854.

MY DEAR SIR:—I hope you will excuse my troubling you with these few lines. How shall I express our united astonishment at the cure which you have made of the dying man Marshal; he is getting on finely, and I believe one hour in the day does not pass over without his fervent prayers being offered up for your welfare. The medicines you left have been all used up, and the poor fellow thinks if he had more of them he would certainly recover. Enclosed please find ten dollars which if not enough to pay for any thing further you may recommend, I will send you more, and should you deem nothing more expedient, please accept the amount for the trouble you have already had.

I am very respectfully,

LETITIA VANVRECKEN.

I sent on a new package with instructions, and I have since learned that Marshal is up and about

CHAPTER XV.

OF FEVERS.

IN the general description of fever, it will be well to make one remark, namely, that we do not here intend to treat of all symptomatic fever, as few diseases arise where some fever is not; we therefore, will for the present treat only of fevers under those heads by which the disease may be considered primary, and first let us examine

TYPHUS, OR SHIP FEVER.

The name *ship fever* has evidently originated in the circumstance of its continual attendance on the emigrant ships, where numbers of persons, are compelled to live between decks, and are therefore subject to foul atmosphere proceeding from their obligatory position, more especially during bad weather

When first this description of fever showed itself in Europe, it was (as cholera is now) little understood, hence its ravages among the poorer classes; few becoming a prey to it who were wealthy, and whose location and personal cleanliness contributed to resist its approach; and here let me once again say, that in fevers nothing is more requisite than a perfect diagnosis; to discriminate at once the description of fever, and the stage in which the patient is found.

Typhus fever may be divided into two heads, namely, *gravior*, and *mitior*, in either case the disease is no trifling malady, for the less virulent type often assumes the character of the greater, and thus requires all its contingencies. The usual symptoms of the attack may be stated as follows: great thirst and pain in the head; soreness all over the body, as if the patient had been severely beaten, or had performed a long journey, a desire to sleep, with apparent increase of muscular strength, and general heat. It may be observed that all fevers more or less exhibit periodical changes, some in three, five, nine, thirteen and twenty-one days. In the fever under consideration the changes are quite apparent, and after a certain time, say about thirteen days, if the symptoms show no change for the better, then it requires stimulants to keep the system up, a full proof that blood letting at any stage of fever must be a fatal error in treatment; great anxiety in paroxysms is experienced, and a commensurate debility, with *subsultus tendinum*, and a catching at imaginary objects in the air; these latter being visible in every instance almost on record.

It has been long a query even among the faculty as to what gives rise to fever, some asserting it to be a want of stimulant in the blood vessels, others that it arises from a convulsive action of

the same vessels, and others that the stomach was the seat of the disease, and therefore a disorganization of that organ was its cause ; the intimate connection of the stomach and liver however, makes it indeed a peculiar case for a true diagnosis, and it is here where the physician is called upon to use those qualifications that so much adorn his profession.

FEVER AND AGUE.

This disease has unfortunately become so common that it is better known than others of the same genus ; however it will be well to follow it a little in its progress, and explain that there are, generally speaking three distinct stages, one recuring every twenty-four hours, another every forty hours, and the third every forty-eight hours. These three stages are known generally under the denomination, *cold*, *hot*, and *sweating*. In the first instance *yawning* and *stretching* are found as symptoms, the feet and hands also get cold, the limbs falter ; finally, a chill comes on, which is followed by a shake. In the second or hot stage, as the chill and shaking go off, a pain in the head and back comes on, succeeded by flushings, this is superseded by thirst and heat, the face becomes red, skin dry, pulse hard and full, and sometimes delirum. In the third and last stage the heat begins to subside, moisture breaks out, extending all over the body, the fever now abates, the thirst gets much less, the breathing more free, with an inclination to make water ; thus the system gradually becomes relieved and the attack vanishes.

BILIOUS FEVER.

There are many symptoms in bilious fever that are in some measure analagous to those in fever and ague, as for instance, in both cases the patient is taken with a chill ; if the attack in this disease is severe, the skin indicates it by a yellow cast, the tongue also changes from white to brown ; as the fever increases the eyes assume a fiery color, and the whites leave their color and become yellow. It is not difficult therefore by attending to these symptoms to arrive at a correct diagnosis of this complaint

NERVOUS FEVER.

This fever may be said to arise from those circumstances that other fevers may be generated from, such as decayed vegetable and animal substances, or indeed from stagnant pools, filth, or personal neglect; by its title it is seen that the action is on the nervous system, by which the whole frame trembles, clammy perspiratio n is exhibited all over, and a great depression or sinking of the patient generally; the sleep is very much disturbed, the countenance changes, and becomes of a ghastly appearance, the stomach very much debilitated, difficulty of breathing and the forehead covered with perspiration, and other symptoms common to most febrile disorders.

It is quite impossible to understand how the faculty of old could have employed the lancet in this or typus fever, except through ignorance, acting upon the principle that because inflammation appeared in the primary stage, therefore they should reduce the system. I suppose it will be scarcely necessary to denounce this doctrine as dangerous in the extreme, and contrary to all common sense. I have treated hundreds of cases, and it requires all the blood that can be possessed in place of lessening the quantity, in order to produce a satisfactory result.

SCARLET FEVER.

We have now to speak of a disease which principally attacks young people, but at the same time is doubtless a contagious disease, as much so as measles. The diagnosis may be thus rendered; it is known from the measles by the spots making their appearance on the *second* day of the fever, while those of the measles generally show themselves on the *fourth*. The color of the spots in scarlet fever being of a light flaming red, while those accompanying the measles are of a dark red; these circumstances will at once admonish the practitioner or observer to decide on the disease extant; however, as I have before observed, all diseases of this class, whose premonitory symptoms are so much alike, cannot be decided on

until the spots make their appearance; until then, the diagnosis must in a great measure be uncertain.

REMITTENT FEVER.

This fever from its name implies that it possesses at periods a modification, that is, that it abates for a time, and then assumes its former character, but the fever at the same time never going off entirely. The causes of this fever may be laid down as those for other fevers already spoken of, and is very prevalent on the borders of large lakes; also in those warm climates where rain falls during the hot season, thus producing considerable increased vegetation. In its simple state it is not very infectious, but neglected, runs generally into other fevers of a graver character.

There are portions of the world where it is quite an acclimated disease, such as the coast of Spain or the Mediterranean sea, where a night spent on the banks of those rivers that mingle at their mouths with the salt water, will be sure to give it, particularly to those who are not natives of that clime.

INFLAMMATORY FEVER.

In this fever great inflammation and intense heat, with flushed countenance are the indications, while the great inflammation at once distinguishes it from typhus. No time of year may be said to be more congenial to it than another, although it may be considered the majority of the attacks are in the spring. The generally prevailing opinion as to the proximate causes of this species of fever, is that it lies in the vascular system, in the heart, capillaries, and arteries.

I have had many patients in this complaint, and I have mostly found that sudden change from perspiration to cold has a retarding nature in throwing off the natural secretion, the matter becomes mingled with the blood, producing inflammation and the attendant disorganization.

Nothing can exceed the false practice of bleeding in this disease, as it has been proved over and over again that such treatment

tends to its running into typhus fever, and making matters much worse than at first exhibited.

SIMPLE CONTINUED FEVER.

That there are constitutions predisposed to fever, and others repulsive to it, no one will deny. In this type where the predisposition exists, all and every thing tending to a debilitated state naturally favors not only its reception, but also its continuance, and although such is the case, still we must allow that like inflammatory and other fevers, the sudden checks in perspiration are the chief causes, while in this as well as in all other fevers, great cleanliness of person must be regarded as at least a great object towards recovery; nothing tends to infection and contagion, so much as keeping the air from carrying off the effluvia from all fever patients.

PUTRID FEVER.

This is only typhus fever in its worst state, and generally known as typhus gravior. It is a pestilence, and ranked at times from its malignity, with the title of plague. When *typhus* is of a slow nervous order, it is called typhus mitior, and sometimes runs into the more malignant species.

THE PLAGUE.

This may be considered simply as a fever of the most malignant nature, almost defying remedy, and bears some affinity to typhus gravior, and the Bulam fever already mentioned. The great difficulty in treating a plague is evidently occasioned by the rapid decomposition of the system; thus allowing no time sufficient for medicines to act previous to dissolution. It is considered an epidemic in Egypt, and has reached Northern Europe at times, though but seldom. Experience has added but little to our knowledge of its treatment; it is highly contagious, more especially where the healthy actually come in *contact* with the diseased.

To prove a disease contagious or infectious, or vice versa, is not

so easy a matter as people generally think, as we know of no disorder occurring where there were not thousands, who performing all the duties necessary for the sick, were nevertheless not attacked, while thousands who kept themselves perfectly isolated were sacrificed.

YELLOW FEVER.

This fever, so well known in America from its awful character in the Southern States, has been so written upon, that it will be useless to take up much time in its discussion. It would be scarcely possible to enumerate the various opinions on its treatment and its causes, while different nations treat it differently. The predisposing causes generally admitted, are intemperance, fatigue, exposure to night air, wet clothes, checked perspiration, and many other matters enumerated as causes for fevers generally. One thing must be borne in mind, that in its pestilential form it is confined to *warm climates*. It is also considered contagious, and capable of being transmitted by persons, clothes, &c., &c.; still, cold climates are inimical to it, and though it may be imported, yet it soon dies out. Altogether, we are free to admit that up to the present time the greatest possible variety of opinion exists as to its origin, treatment, &c. Some contending that it may be generated any where, others the reverse.

REFLECTIONS.

When we view the foregoing catalogue of misery (hourly in one or other of the cases) to which the human frame is subject, even in this one species of disease, what a field for reflection there is for the contemplative mind, and how grateful ought those be who on rising to enjoy the morning air, find themselves *free* from the pestilence in so many various forms, that daily surround them; but, alas! how ungrateful is man to his *preserver*; day after day rolls on, and the ceremonies of time pass as if matters of necessity; thoughtlessness is engendered, and life and health become, in the ungrateful and unthinking mind, as mere matters of course, instead of being viewed as the exceptions, for which all our homage to the great I AM would be but a paltry thanksgiving.

CHAPTER XVI.

Of the Brain, in Continuation.

As the brain is conceded to be the seat of the living principle generally denominated *the soul*, it may be a fruitful subject to lay it open, so as (if possible) to approximate to a proper understanding of the infinite wisdom which has contrived a terrestrial home, for that principle known as *man* during his sojourn in this his transitory abode; indeed, we cannot approach this subject but with the idea that we tread on sanctified ground, it being the earthly home of what is so beautifully imagined in the expression

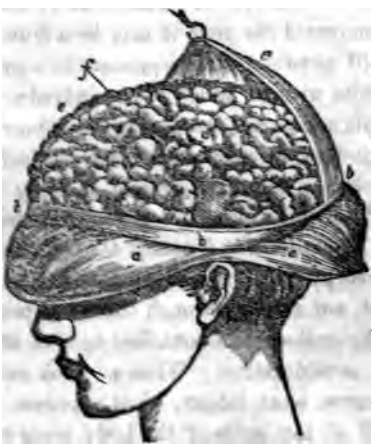
"*And into his nostrils he breathed the breath of life.*"

Surely the receptacle of a principle that can never be destroyed, that must exist, not simply through the small periods of time, but also through the endless and countless ages of eternity, is worthy of our highest consideration. When we look out over the world, and see what cares, what labors, what expenses, are bestowed on the economy of all the parts of the body more especially subject to disease, how curious to observe the little interest proportionally taken in looking after the well being of *that*, which is as far above the mortal tabernacle as the heaven is above the earth, and the almost utter disregard paid to the soul in its cultivation, while the symmetry and elegance of the external system is so regarded. If, as few will deny, it is conceded that the soul will hereafter enjoy a higher state of intelligence than now, while joined to the earthly tabernacle, and that this state be regarded as a probation, how will all this accord with the negligence of the soul, which if fully cultivated would naturally be more efficient in its purer state. It would be well if those whose bodies are their sole object, would reflect on these things, while we pourtray the earthly mansion of this never dying principle.

Previously however to making my own observations, I shall give

a short paragraph from a clever work written by Dr. Nichols. The doctor says of the brain:

The hollow of the scull from the top of the head down to a line formed by the base of the orbit of the eye, the opening of the ear, and the top of the back of the neck, and in its entire breadth is completely filled with a pulpy mass, grey without and of a pearly white within, called the brain or encephalon."



THE BRAIN EXPOSED.

EXPLANATION.

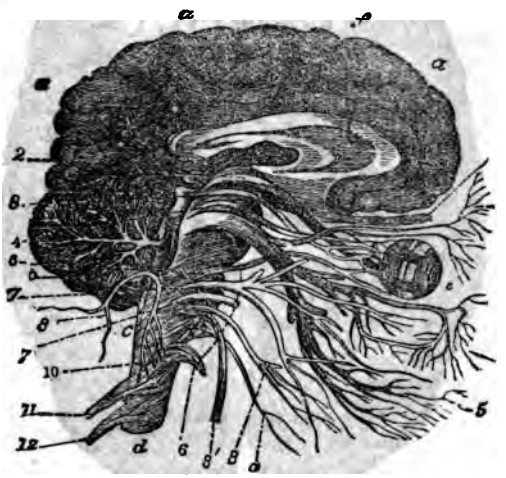
a.a., the scalp turned down; b.b., cut edges of the skull bones; c, the dura mater suspended by a hook.

"It is divided into a large anterior and superior portion the cerebrum, and a smaller posterior and inferior portion called the cerebellum; in the center, between these, a prolongation of the brain, containing fibres from both, passes down into the hollow of the vertebral column. The portion within the skull is the medulla oblongata, the remainder is the spinal chord. It is about half an inch in diameter, and like the brain is composed of both grey and

white matter, and its different parts have distinct functions. The cerebrum is believed to be the organ of sensation, thought and most of the sentiments and propensities or passions. The cerebellum seems to preside over muscular motion, and the generative functions."

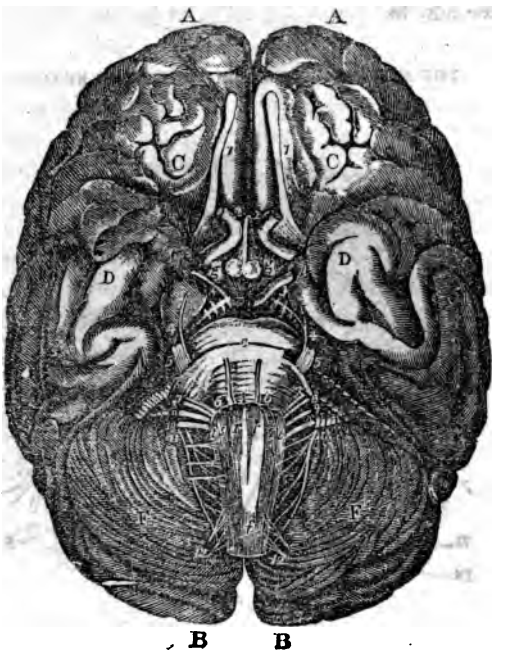
We come now to

THE NERVES CONNECTED WITH THE BRAIN.



It is but a short time since it was discovered that the nerves are hollow tubes, and contain a subtle transparent fluid, while the nerves themselves are a species of pulpy matter running generally in pairs from the brain or the spinal marrow to all parts of the body, as we cannot understand feeling irrespective of nerves. The figure we have given will illustrate in a great measure the nervous system of the part under consideration. We now see how intelligence reaches us of external objects and circumstances, enabling us to form a judgment on all things, and thus regulate our actions while fulfilling the design for which we were created.

Those who have studied the formation of the brain deeply and scientifically, believe that it is composed of thirty-five distinct organs; indeed, the ramifications almost appear as a labyrinth, yet there is not a part without its corresponding office; who can examine the representation here given without wonder and reverence.



THE BASE OF THE BRAIN.

I am aware that much scepticism exists as to the formation of the shell that contains the brain. Those who are convinced of the doctrines of Phrenology, pretend to be able to determine with complete accuracy by the bumps on the head, as to the qualifications of each individual; indeed, there are some professors of this science who say they require but a glance to form their opinions as to a stranger,

and accordingly at once choose their acquaintances. I am of opinion that this is carrying the matter too far. I once went into a church where all within its precincts were perfect strangers to me. I saw an aged clergyman ascend the pulpit and preach one of the most excellent sermons I ever listened to; while he officiated I could not resist perceiving that phrenologically, he had as imperfect a head as I had ever seen; his physiological developments were equally unprepossessing; indeed, I never saw so bad a countenance on any human being. After the service, I took occasion to get into conversation with the sexton, asked the parson's name, how long he had been pastor, how he was thought of by his congregation, and was answered, that he was *twenty-eight* years parson of the parish, the cleverest minister (acknowledged by all) within a great distance of the village, was kind and humane to a large extent, and I could vouch myself for his extemporaneous effusions; all convincing me that no positive direct law founded on phrenology or physiology had up to that moment been extant among mankind.

And now turning for a moment from this abode of man in its physical construction, let us hope that the soul may be so cultivated here, with the helps which a kind providence has provided for us, that a really higher intelligence may attach to it when the earthly tabernacle is dissolved.

The diseases of the brain are of course treated in other places under their separate heads.

CHAPTER XVII.

Of the Small Pox—Chicken Pox—Measles—Vaccination—Cow Pox—&c., &c.

As we have already noticed, the premonitory symptoms in all eruptive diseases are so much alike, it becomes a matter of difficult, if not impossible diagnosis, to be certain which among many diseases a patient may be labouring under during the early attack of

such kinds as are enumerated in the enunciation, until the eruption appears.

One of the greatest blessings to the world was the discovery of vaccination. When first doctor *Tenner* introduced vaccination, ignorant people understood it as a *preventive* to the small pox, and raised a cry against it when they found their children had imbibed the small pox after vaccination had been effected. I would wish to dispel this illusion; vaccination with the cow-pox is not a preventive to the taking of the small-pox; but, merely robs the small-pox when taken, of its deadly character, by familiarising the constitution to it; in fact those who have been vaccinated within a given time, that is, whose systems are under the influence of vaccination rarely have but a slight attack of the small-pox, a disease so fatal to adults, when not under the impression of the lesser disease.

There are some essential remarks to be made on this subject. If the vaccination has been properly made, the patient may never take the small-pox, but if the natural pox be imbibed it will be certain to be in a mild form; if however, the vaccination be improperly performed, then if the small-pox be taken, and the patient suffers, it is surely wrong to place the blame on the vaccination. Parents would therefore do well to attend strictly to this, and be sure to subject the child's arm to the daily inspection of the operator, for eight or nine days after the operation.

As a convincing proof of the value of vaccination, I shall mention that in Prussia out of five hundred and eighty-four thousand children that were vaccinated, only one thousand one hundred and ninety took the small-pox; while the reports of the London College of physicians state that in almost *all* cases where vaccination was resorted to, the cases of small-pox were very slight and very few

To know whether the vaccination has been properly effected, observe that if there is only slight inflammation where the matter has been inserted, and no other appearances, then the system has not been brought under the influence of the cow-pox, and should be repeated. But if a pustule appears of a full oval form, with an

indentation in the centre about the sixth or seventh day, and full of matter, then the vaccination has been complete.

SMALL POX.

This may be truly placed among those diseases most appalling to mankind; how few are aware of the danger attending it, and how thankful we ought to be that vaccination already spoken of, should have been discovered, to lessen its baneful influence.

About the third day after feeling the premonitory symptoms, small specks of a dark color make their appearance on the neck, the face and the arms, extending finally over the whole body; these spots continue to increase in size until the sixth day, when they turn white at the tops. On the eleventh day the pimples increase to the size of a small pea containing yellow matter; about the twelfth or thirteenth day they discharge their contents.

There are two kinds of this disease, the confluent and simple; in the former, which is the worst, the pimples run into one another and form scabs, while in the latter, the pimples retain their form showing interstices plainly between them.

Good nursing does more in this disease than even medicine; the patient feels almost overwhelmed; and care, and kindness, and attention, day and night, are necessary to assist in a cure.

CHICKEN POX.

This disease among children is so slight that very little notice is taken of it, it has to be sure at first some resemblance to small pox, but the pimples remain but a few days, the fever if any is very slight, and altogether unnecessary to make mention of. It gives the patient little trouble and leaves the system very soon.

CHAPTER XVIII.

Diseases of the Throat—Putrid Sore Throat—Mumps—Quinsy—Croup—Hooping Cough—Asthma—&c., &c.

This class of diseases may be said to have for its character, pain, heat, reddish appearance, and more or less swelling. Some diseases of the throat are exceedingly dangerous if not remedied in time, and like some other complaints, resolve themselves into acute and chronic types.

PUTRID SORE THROAT.

This is an infectious disease, and may be known by hurried breathing, while the breath is hot, and has an offensive smell; the swallowing is very difficult, skin hot without moisture, pulse quick and irregular, the mouth and throat assume a very red color, while the glands, and the palate of the mouth become much swelled. About the third or fourth day blotches of a dark red color appear on the face, which gradually increase in size, and then spread all over the body.

The time of year that this formidable disease makes its appearance is towards the close of a sultry summer, when the inhabitants have been exposed to long continued heat, and the breathing in of vapors from stagnant pools, or decaying vegetation.

In the West Indies this formidable disease is very prevalent, and the inhabitants have a remedy not generally tried in our latitudes; but after long experience I am satisfied their method is not the one to look to in successful treatment, while the *New Herbal Theory* encompasses the whole field.

THE MUMPS.

This disease is nothing more than inflammation of the parotid glands of the neck; it has this peculiarity however, that through sympathy other parts of the system may become affected. It is

fortunate that in most cases this disease assumes a mild form; were it otherwise, and the tumor to discharge into the *larynx*, the patient would of course be suffocated. On the first appearance, the checks and whole face generally swell at first, continuing so for a few days, during which it is attended with some fever. Children are more subject to it than adults, if however the latter become its recipients great care is necessary in procuring timely assistance. It is my opinion that were all men to allow the hair to grow under the chin, diseases of the throat would be much less numerous, while women should during damp or cold weather keep a muffler round their necks.

QUINSY.

This disease is otherwise known as inflammatory sore throat; it is in point of fact, nothing more than inflammation of the tonsils, or the mucus membrane that lines the throat.

One of the very best things to do for the patient in the absence of medical advice is continually to bathe the throat with cold water.

The disease generally commences with great difficulty in swallowing, redness and tumor in one or both tonsils, and dryness of the throat; the voice becomes hoarse, and a great difficulty in expectoration; as the disease proceeds these symptoms increase, and terminate generally either by suppuration or resolution, or in other words the swelling bursts and the contents are carried into the stomach, or in the latter case the matter is absorbed into the system. Young people are more subject to this throat complaint than those more advanced in life.

CROUP.

This disease is known from other throat diseases by a peculiar whistling noise while breathing; children are more subject to it than grown people; it is attended by a severe cough, occurring in paroxysms, restlessness, anxiety, and a laborious straining to eject mucus, with a sense of suffocation.

In this complaint as in others, I would warn every one not to allow a lancet to be used. It is useless to say how many have lost their lives by this species of treatment; it is only necessary to say, that no patient laboring under croup was ever benefited by bleeding.

HOOPING COUGH.

This is another disease incident to early life, and is taken by contagion; every one is familiar with it, and the fits of coughing are periodical in their attacks, terminating generally in discharging the contents of the stomach; it is one of those diseases that cannot be suddenly checked; it will run its course in spite of all medicines, and seldom proves fatal, unless contracted by a child so young as not to have physical strength sufficient to battle successfully with its attacks. Its duration is generally from a few weeks to six months, or sometimes to a year.

ASTHMA.

This disease is said by many to attack males more than females; I have known however, many females to be quite subject to it. The Spaniards believe that garlic is the best remedy, and scarcely ever use anything else as a curative, their cures to be sure are very often drawn from a highly romantic source, as for example, where they employ the harmony of a guitar to cure the bite of a Tarantula; but speaking soberly, asthma is a very distressing complaint, its paroxysms being attended by that suffocating principle so dreaded in most throat diseases. The causes are numerous and as the complaint is so well known it is scarcely worth enumerating them, except that it generally attacks those of full habit, in preference to the leaner kind.

Asthma has also a great disadvantage, and that is, that it is scarcely possible to prevent its return; those that once have it will be always subject to it. It generally occurs during the nights, and thus deprives the patient of his natural rest, but in most cases leaves before the morning is far advanced; this is observable in many other diseases, as well as in asthma a circumstance that

induces me to recommend persons to have those medicines requisite, at hand, where people know their predisposition to certain diseases. I have therefore arranged all my medicines in courses, so that they can be always on hand, and with such directions in all cases, as to render the presence of the doctor not absolutely necessary.

The suffocating principle in some, if not all of the diseases of the throat make the patient wish for the day to obtain assistance, which makes me so particular in referring to the subject already mentioned.

CHAPTER XIX.

Insanity—Melancholy—Epilepsy—Apoplexy—Fainting—Delirium Tremens.

It has become quite common to hear people say that every one in creation is more or less mad, and there is in my own opinion, more truth than poetry in the sentiment; not indeed that the insanity implied is always of that species that would render the individual a fit inmate of a lunatic asylum, but that every one has a peculiar *hobby* as the term has it, which engrosses the thoughts, and forms the theme of conversation to such an extent, as to exclude almost all other subjects.

The proximate or remote causes of insanity are so variously treated on, that I shall not enter into these matters, more especially as the friends of such unfortunate beings are always pretty well assured of the causes of such calamities. It may not however, be uninteresting to give an example or two as establishing the principle, that many people are astray on some one point, while their judgment is perfectly correct on all others.

After the battle of Waterloo, a highly intelligent and brave officer (who had lost a leg on that memorable field,) was observed to

be very excited whenever any allusion was made to the details of the fight; this was not thought anything of for a considerable time; at length however, the subject could not be broached at all, as the uneasiness it produced became rather alarming; his friends consequently never mentioned the circumstance, and all other subjects were treated in the calmest and most rational manner possible; some one however, accidentally reverting to the excited topic one day, the poor monomaniac became quite fantic, and imagining I suppose, that he was pursuing the enemy, chased the whole household sword in hand to the utmost danger of their lives; a lunatic asylum now was the only resource left, and acordingly the victim of delusion was placed under surveillance.

Numbers of persons were permitted to visit him, and matters remained so for about two years, when the invalid wrote a complaint to the general commanding the district, in which he told his superior that he was incarcerated not only against his will, but that the object in confining him was to get a writ of lunacy against him and thus deprive him of his property. The letter was ably written and he conjured the general to send a committee to examine and report upon his case.

The worthy commander, from the tenor of his letter, was induced to send three officers to the asylum, who were charged to probe the matter to the bottom, engage him in conversation for some hours, and then make their report. This was accomplished, when the committee reported that he was perfectly sane, and gave it as their belief that the worthy and gallant officer was wrongfully detained.

The general, to be fully satisfied, now ordered three other officers to perform the same office, whose report fully bore out the preceding one. The general now, accompanied by his staff, went to the asylum, had an interview with the governor and keeper, when they learned to their astonishment that the subject of their solicitude was *mad* but on *one* point, and if that was not mentioned he was as sane as any other man.

The general now decided on testing the thing himself, only on

these conditions, that the keeper with a large stick should remain outside the door in case assistance should be required. Everything was now adjusted, when the general entered the apartment and for the first half hour engaged in general conversation with the patient, found him perfectly rational, listened attentively to all he had to say, and condoled with him on all points. Leaving generalities, he asked the maniac did he ever feel any unpleasant sensation in his system by the loss of his leg at Waterloo? The latter word was scarcely pronounced when the poor fellow became outrageous, and would no doubt have injured the general but for the timely intrusion of the keeper, when the maniac at once sunk into his chair in quiescence. He *was mad*, and detained in his melancholy abode to the last days of his life.

ANOTHER CASE.

I may mention another case, that of a gentleman of known generous disposition, in fact too reckless of money *when he possessed it*. When he had none he was continually building castles in the air, and allowing his fanciful creations to operate perpetually on his mind; at last persuading himself into the belief these fanciful creations were absolute matters of fact; accordingly, he was continually making propositions, and arrangements, not indeed that he intended to deceive, but being a monomaniac, imagined all was true that he related, while his hearers, or those he wished to participate in the good fortune which was only chimerical that he spoke of, naturally did not believe the continued statements he made; thus, at one time he would say he wanted to dispose, or become a purchaser as the case might be, of a carriage, when in the one case he had no carriage to sell, and in the other no money wherewith to purchase, yet with all the earnestness of truth the statements would come forth, evidently the creations of mental alienation; all of which in a few days would be forgotten, as soon as something new, and perhaps more vividly fictitious, had gained ascendency over his mind.

To multiply instances of this kind would be needless, for they are numerous enough for some sane people to see, and thus obtain

knowledge of human character from experience. In this particular, if we consider insanity, and the mere weakness of ill formed associations of ideas operating on a weak mind, as synonymous terms, then the whole world may be said to be mad. I am not inclined to join the extremes, but to allow a line of demarcation, inside of which I would rather be inclined to gather the negative description of mental alienation recorded.

MELANCHOLY.

This is another phase in lunacy of a harmless nature, and seems to be the offshoot of fear; gloomy forebodings appear continually to harass the unfortunate individual, while their attention can scarcely be kept above a few minutes at a time on one subject. Passiveness in this disease is a certain consequence.

EPILEPSY.

The causes of this complaint as laid down by all medical men are so numerous, as well as so general, that I do not think it necessary in a work (as mine is) written for the people, to enter into the minutiæ of every proximate or remote cause. This disease is sometimes called the falling sickness, and as the causes are numerous, strict enquiry in each case is the first thing to be observed by the medical attendant. The appearance of the patient to those unacquainted with the disease, is so distressing that they are apt to attribute to it a more alarming character, than perhaps the attack deserves, in consequence of the sudden prostration of the faculties, and the falling of the patient. It sometimes is hereditary and the periods of attack more frequent in proportion to the length of time the person has been afflicted.

APOPLEXY.

This disease to common observers may be mistaken for epilepsy, as it may come on suddenly accompanied by a fall. It is not however by any means the same, and usually arises from an unnatural flow of blood to the head, causing that pressure on the brain that

deprives the patient of all sensibility. It is truly a formidable disease, requiring the *most abstemious* course of life, as a person having had one attack is liable through indiscretion to have another, while a third is almost certain to entail death.

As there are very often premonitory symptoms however, it may be as well to state them, because in fact this is the stage during which the most can be done for the patient; these symptoms are a dull pain in the head, giddiness when stooping, an inclination to sleep, with a slight stammering in the speech; these symptoms will enable ordinary people to form a correct opinion, and then the application at once for assistance. I am again called upon to draw the attention of the public to the fact, that my courses of medicines under the *New System* are all made up, so that by a letter through the post with explanations, the medicines can be dispatched at once, in case the family should not previously have them on hand.

FAINTING.

It may not be thought necessary to place fainting in a catalogue of diseases, nor would it indeed were it simply to arise as the effect of some simple cause, but where a person is subject to continual fits of fainting, then there may be other disease which we may fear will ensue; syncope therefore, should not on all occasions be treated too lightly, and the cause being discovered, the disease should be averted; which in most cases is not attended with much medical labor.

DELIRIUM TREMENS.

As the effects of this horrible disease is attended with symptoms so like insanity, it has been very appropriately called *mania a potu*. It proceeds as most people are aware from continual intoxcation, or in other words, a highly stimulated state of the stomach and brain. Were it not for the fact that it is the result of brutality; of an appetite that reduces man below the brute creation; of a practice that demoralizes and destroys the hope of thousands;

it would cause regret to witness any human being laboring under its effects. But sympathy is stifled, and benevolent feelings are changed into disgust, when we see that the horrors of this awful disease are the production of man himself, and that he alone is the sole cause of his misery and degradation.

Many of the phenomena connected with it are curious, and melancholy; some will go down upon their knees, and in the most supplicating oratorical persuasiveness invoke the god of mercy on their career, while others froth at the mouth, and betray violence, requiring to be handcuffed to prevent mischief to themselves, and others; but of all the concomitants attending on this malady, none is more fearful than the solemn conviction that the person entertains of being followed by ill shapen figures, generally called by them devils, while nine-tenths of those suffering under the malady, are convinced beyond the possibility of doubt that these ill shapen attendants are really hunting them through the world, and not the phantasies of a distracted imagination.

In these days when the general tenor of affairs makes for us rulers whose qualifications for office depend on their being favorable or otherwise to an *ad libitum* license to drink *highly poisoned* liquors, would it not be well to lay in its real detail, the terrors of *mania a potu*, before that public whose voice should guide us in public affairs, and thus persuade men to shut their faces against all *adulterated* liquors. I say *adulterated* because the noxious poisons which now drug the liquor sold in the community, acts on the system when imbibed, so as to turn reasonable creatures into fiends and murderers.

It is, I am aware, a matter of opinion among the community, whether it accords fully with the principles of the constitution to do away with the use, in consequence of the abuse of liquors; on this subject, I give at present no opinion, but surely all might unite in driving from the market the adulterated kind; thus would the catalogue of murders, and other crimes be lessened, because there would be but little superinduced *mania a potu.*

CHAPTER XX.

The Passions.

To an inattentive reader it might appear quite irrelevant to treat on properties (strictly speaking) of the mind, but every one acquainted with medicine will fully understand the close connection between mind and matter, and the great effect certain mental dispositions have upon physical disabilities. It will not therefore be out of place to treat in some measure of what is described in our enunciation, and first:

TEMPERANCE.

This is in our day a most peculiar and appropriate subject, more especially as there seems to have gone abroad a general and prevailing opinion that the juice of the grape taken in excess has been and is destroying the human family; and that, no matter under what phase we view the right of people to drink what they please yet that the welfare even of one soul more than counter-balances the infringement if it be so, even of the constitution itself. Like every other question that has been mooted or ever will be mooted, it has both supporters and opponents, the one affirming that all sacred history permits the *use* of strong drink, and only forbids the *abuse*, while it is considered quite lawful by the other party to abridge mankind in liberty because the end justifies the means. One thing is certain, that as ardent spirits is not absolutely essential to our welfare, it certainly will be a great mercy when its total banishment from the world will be hailed by all christian communities as the greatest benefit that has fallen to the lot of the children of men. There can be no doubt but nine-tenths of the murders, and other evil deeds that so disgrace all countries of the world proceed from the immoderate use of alcohol, and that both life and property will become more secure, and the community more peaceful and prosperous the moment it becomes, forever, as a thing that were.

Every capacity or power of the human system, mentally and bodily when used in moderation, and exactly in a proper ratio to the required laws of nature, is essential of course, to happiness; and it is therefore the use of the propensities, when formed into habits of life that constitute temperance, while the reverse leads to disease, unhappiness and crime.

There is a wide difference however between the man whose propensity for eating allows him to overload the system and thus engenders disease, and he who by drinking intoxicating liquors arrives at the same issue; if nothing but bodily infirmity were the consequence in both cases, there might be some shadow of reasoning against allowing men the former privilege while the latter is denied them, but when did over-eating ever induce murder, or the various crimes consequent on the use of ardent spirits?

It is asserted also that some of the greatest orators and writers in the world, were men who daily indulged largely in wine and other stimulants; every one knows from history that Sheridan was a complete drunkard; and it is true that some of the most extraordinary brilliant speeches of that distinguished statesman were made while the orator labored under the effects of *several* bottles of wine; Lord Byron also could not write *well* when not under the influence of stimulants, but though the language might be flowery, the sentences well rounded and the action so suited to both as to bring down applause from an audience who did not possess equal gifts, will it be contended that that justice was made more sure, or the nation more benefited than if those transactions that required discussion had been probed in a quiet, steady, and careful frame of mind, emanating from the total absence of the fiery element; such a position is not tenable.

Let us look at this subject in another light. There are two very distinct classes of men in the world; the one deriving all their qualification from sense, and the other from mind; the former, as long as the sensual appetites are moderately provided for, being satisfied of living happily and contentedly, the latter caring little for food if the mental faculties are fully supplied; in the one case

we generally find the sensual man living longer, and the mental shorter in every generation. The sensual man who naturally has the animal fully developed may be noticed at once, by his physiognomy ; a general comeliness of features devoid of expression in the general outline, while the intellectual man possesses some very marked peculiarity, and ordinary contour in his features ; indeed it is generally observed that developed and good looking men, are generally very slender in intellect, while the intellectual are quite below mediocrity in the best formation of their kind ; of course these observations are not by any means intended to apply without a solitary exception, but as a general rule based upon experience. Thus we can perceive that temperance guides the pleasures and enjoyments, as well as the miseries and misfortunes of mankind.

To the medical man it becomes a matter of special interest to see one of the most fruitful sources of pestilence removed from society ; to be sure as a profession we are subject to be taunted with the reflection that it would be a disadvantage to us in our calling, in as much as less disease would then exist. I will not believe that those who are above the base can harbor such an idea, and let those who would thus judge us, reflect that when a pestilence arrives it is the medical men who *first* take it in hand to push on the existing authorities to ends by which disease may be assuaged. Oh no ! —away with all and every thing calculated to increase, or retain disease, and therefore we lift our voice and say away with intemperance.

I cannot pass over one particular set of men who are always harping against those who use liquor in moderation, and while using their plausible arguments have, perhaps, a junk of tobacco in their mouths. Now I would wish my readers to understand that all men are not alike in their inclinations as to any one *drug* as a stimulant. On the contrary, one man may not find any pleasure in spirituous liquors from some peculiar physical organization, and therefore he keeps his system under the excitement of tobacco ; another may have no relish for either, yet keeps himself in a state of pleasurable excitement by snuff; another by opium, or condiments, and so forth. It would be well for those to refrain

that although the generality of the drugs named do not generally induce to violence like alcohol, yet that they are positively rendering their system susceptible to a poison which sooner or later will bring on disease.

Let these men then be a little more zealous in eradicating the evils they have themselves, and a little more thoughtful on the passage they so often have heard:

"Let him who thinketh he standeth take heed lest he fall."

Life has been very properly termed a battle, and as there are turning points in a passage at arms, so there are points in our lives when the same tactics will not suit; in early life or the commencement of the engagement, we come into the field flushed with strength, and hope; everything appears to give way to our wishes and to mould itself to our views, and like the military organization, what occurs is but mere skirmishing; but let it be remembered in life as well as in battle, the skilful general will survey the ground first, well knowing that the after part or great conflict will be served or injured in proportion as the plan of attack has been well or ill matured,—thus in early life, as in action, our resources should be husbanded, our health taken care of so as to have a good stock wherewith to meet the great assault which in after life disease may make upon us; it is then the duty of the young men by temperance (not indeed only in one thing but in everything) to lay up such a store of life's ammunition that when the great battle has to be fought they may not be found among the vanquished.

In the decline of life of course like an army that had been worn out by constant toil, we must act on the defensive; and it is thus that we apply to the herbs of the field, administered by a judicious hand to ward off disease and death.

And now with regard to the *pleasures* and *pains* of the man of mind;—thrice happy is that man whose mind being highly illuminated, is not overcome by the *pains* which forever accompany the *pleasures* he enjoys. Does memory bring *pleasures?* if so, it also brings *pains*;—does the understanding bring *pleasures*? if so, it also brings *pains*;—does the imagination bring *pleasures*?

if so, it also brings *pains*; and with grief must it be admitted, that so many great men have been destroyed by intemperance, by the *pains* overbalancing the *pleasures*, derivable from their high mental qualifications.

As a moral to the foregoing, it may be pertinent to remind the reader that nothing human is perfect, and that because some have obtained high mental qualifications, and have still run into intemperance, it is not therefore right that others should refuse to make a proper use of the talents committed to their charge, and live under the influence of those pleasurable associations which follow their mental improvement.

It is impossible to close these remarks without adverting to one great peculiarity connected with the two classes of men just under consideration, and it is this, that those intellectual men whose ends were misery, were all living, more or less, outside of religion. It is in fact the province of the *gospel dispensation* alone that can regulate the mind of either class, becoming the real key-stone in the arch of man's structure in life.

OF ANGER.

It is not the possession of the passions but the improper use of them that tends to so much mischief and misery among men, and among all these is none so fruitful of misery as anger. Cain in anger killed his brother Abel, and ever since it has carried carnage with it in every age of the world.

"Let not the sun go down upon your wrath" is a well known command of the great "I AM," as if to instil into our minds that no matter how we may be vexed by deceitful and wicked people, our animosity has no right to be harbored in our breasts, to break forth when occasion requires in ebullitions which may end perhaps in blood; when we see a man in a fit of rage to which there appears no bounds, how humiliating a spectacle it is; how the countenance changes, the eyes flash, the eyebrows contract, and the placid countenance, hitherto lying in peace, are now ruffled and distorted giving the human countenance all the expression of insanity, and altogether a demoralising configuration.

It is melancholy indeed to think that this terrible bane insinuates itself into all the ramifications of life; shall we visit the hearth-stones of men in every clime, if so, we find it engendered, and its poisonous influence undermining the most sacred ties;—shall we look for it in the circle of politics; when we do we find that anger, the unrelenting demon, takes its place in the breasts of men, and that even death arises from its hated fangs; in fact let us look where we will, we find its hydra-head laying waste those pastures of pleasantness which are alone the legitimate offspring of men's intercourse in life. Let us visit the emporium of justice and what do we find? why, virulence and vituperation, the effects of anger, while the combatants write upon their Flags.

"He who is not for me is against me."

And here, to the shame of man be it spoken, will be found the same unholy passion among the intelligent as well as the ignorant, clearly demonstrating that nothing but the operation of the laws of God upon the mind and understanding can make man proof against the introduction of anger into his composition.

That anger has from its irritating qualities, an effect upon the body as well as upon the mind, is certain, and disease in various forms may follow violent paroxysms of anger; indeed, many have lost their lives by the destruction of an artery when thus highly excited; it will therefore be asked if we have a remedy for such a case; for the bursting of an artery we have a remedy, in case it should prove but a small one, but as for a remedy for *anger*, alas! we have nothing in all our index to accomplish so desirable a cure, and therefore can only leave the aspirants to exasperated and insulted laws, to reap the whirlwind which was sown in the mind, unless *education* and *religious* principles step in between the Scylla and Charybdis of the temporary maniac.

LOVE.

Although it may be necessary to touch *casually* in other parts of this treatise on some of the pasions, still they each require a

more severe scrutiny when treated on under their proper heads; thus love requires much more than a passing notice, and as a preliminary, I may remark, how many things we expatiate on whose *essence* still baffles the most astute philosophers; this is really a case in point. When we speak of love, of course we speak relatively, as it cannot be the same thing where the relations between the parties loving are so various; the love of the opposite sexes must naturally be of a different character to that between the members of the same sex, and then again how different is the love to God from all the love known to be subsisting between simple humanity. How beautiful is the expression

"GOD IS LOVE."

To understand love in this sense, let me illustrate, if possible, the love of God which the inspired book says "*passeth all understanding.*" To understand the love of God appears almost at once when we cast our eyes over creation and behold the blessings he has bestowed us with, the rich granaries he has in store for us, and for our pleasure and profit, and which can all be lawfully enjoyed when used in accordance with wisdom; when we see our every want provided for, our senses all gratified in their order, and not a thing left uncared for to make our residence here one of comfort and pleasure so long as we confine ourselves to reason, what a glorious proof of the love of that great spirit who *having* made us, made all things at the same time *for us.* The meanest capacity can understand *love* in this sense, and if we recollect that when the three great virtues were contrasted by a sacred historian, viz: faith, hope, and charity, he said, but the greatest of these is charity, or love, for they are synonymous. To prove the superiority of the latter over the two former, it will be only necessary to remember that faith at the end of time will be lost in sight; hope, in possession, but love, that divine principle is only coeval with eternity.

Now as to the love that exists between the opposite sexes. This is also a very high and worthy passion; indeed, it could be no other as it is not only in accordance with nature, and nature's laws,

but also a command from Jehovah, or how should a man be ordered to "*leave his father and mother and cleave unto his wife,*" and what let me ask can be more holy than the singleness of mind of a couple thus united rearing up their children in the fear and admonition of him that ordereth all things, and thus carrying out that principle by which the world is sustained until they are, after being blest in their day and generation, united in the kingdom where parting is forever unknown.

And then as to love between members of the human family in a general way, what is usually understood as friendship; how beautiful are the interchanges of these assurances that make us all members of one family sojourning to a promised land; to be sure, as imperfection reigns we must expect many instances where selfishness rules paramount, and it is these examples that have made poets say:

"What is friendship but a name,
A charm that lulls to sleep,
A shade that follows wealth and fame
But leaves the wretch to weep."

Notwithstanding all this I am perfectly satisfied that a vast amount of friendship does exist in the world; to be sure you are not to look for it among the herd who valuing wealth and the enjoyments it provides, make selfishness and intrigue the road to its possession. These persons it is to be hoped are in a great minority, while that brotherly sentiment whose guidance is the golden rule, prevails even largely among the tenants of mortality.

There are other noble specimens of love:

"Is there a man with soul so dead,
"Who never to himself has said
"This is my own, my native land."

The love of country is a noble impulse; what American can think of the ordeal his forefathers have passed through, in order to hand down *Liberty* as an heir-loom to posterity, but must feel the most unbounded reverence to the *manes* of his departed sire, and with what unconquerable love must he regard his country, which to day illuminates the world, acting as a brilliant *Faro de*

Mesina for the benighted nations of the earth, leading them on to liberty and to peace. This is truly the most refined love.

To the educated the love of letters is another refined species, and the man who is endowed with abilities and education is recreant to his trust as a guardian of the ignorant, if he fails when ever opportunity offers, both by precept and example, to urge on to the same course his less favoured and indolent traveling companion; thus fulfilling his mission whether the result be attended with success or not, knowing that when he shall be called upon to give an account of his talents he may not be found saying:

"*I knew you were an austere man reaping where you did not sow*," so I hid the talent in a napkin, and here it is for you now that you have returned.

CHAPTER XXI.

FEAR.

This passion is considered the meanest of all those incident to our common nature; indeed, a coward is treated with contempt in every nation in the world; nor is it necessary that great prowess and daring in feats of arms should be necessary to prove the reverse, for in the general intercourse with mankind the mean spirit of a coward will show itself in those little and mean deceptions, the practice of which is so contemptible in the eyes of the brave, who is also a generous man, and so honorable as surely to stop at the sight of a vanquished foe. So much was cowardice despised among the ancients, that no female would acknowledge such a character, it being a proverb that

"None but the brave deserve the fair;"

While the valiant cavalier in the tournament received the prize at the hands of the queen of beauty, thus rewarding chivalry and

courage with the smiles and commendations of those who reign over men's hearts and desires.

There are many actions however, performed by men, that must not be set down as true courage; for example; in a battle on the continent of Europe a courier assured Lord Wellington that ten thousand Spaniards were running away; the Duke rode to an eminence to witness the extraordinary retreat, and quietly remarked that it was the first time in his life he had ever seen ten thousand men *running a race;* a general officer was dispatched after the fugitives, rallied them and again brought the chicken-hearted soldiers up to their original position; the duke however, this time took the precaution to place the runaways between the enemy and the bayonets of his own army, who had orders, should they behave cowardly again, to bayonet them without mercy; thus placed between two fires the hitherto cowardly set made the enemy fly before them; it is needless to say that they were cowards still.

In order to prove the effect of fear upon the human mind, an experiment was tried upon a man in London, who had been sentenced to death for murder; he was asked whether he preferred hanging to being bled to death by the opening of an artery; if he preferred the latter mode it should be granted him, and to this he assented. Accordingly a hole was made in a partition through which his arm was introduced, so that he could not see the operator, while a clock was left within his sight, that should warn him that in ten minutes after the operation with the lancet he would expire; the doctor provided himself with a large pitcher of warm water and having made a simple flesh wound, trickled the water gently over the arm; the culprit at once became quite pale, trembled and at the end of the ten minutes, although the whole operation was fictitious, was a corpse.

In the military life nothing lessens a man in the estimation of his comrades so much as an idea getting afloat of his being a coward, and some rather ludicrous jokes have been played off upon unsuspecting individuals; one of which may not be uninteresting to relate.

Attached to a very distinguished regiment was a surgeon, who was very much addicted to humor; it occurred one day to the witty disciple of Esculapius to have some fun with the regiment, and by giving the soldiers an idea he was a coward, bring down their sarcasm upon him. The regiment were to go into action almost immediately, and as they marched toward the enemy, the doctor was seen to crouch down every now and again in the rear of the regiment, and hide himself whenever the least obstacle presented itself; this conduct was not long unobserved, and the worthy Esculapius every now and then would hear the expression, "Is'nt he a coward" reverberated through the ranks; finally, the two hostile bodies arrived with bristling bayonets within about fifty yards of one another; when the doctor issuing from one of the flanks, rushed sword in hand out in front and giving three cheers rushed into the enemy followed by his comrades, who bore everything before them. The doctor escaped to laugh at the ruse he had played on the supposed knowing ones.

When Lord Nelson was a boy it was told to his mother that he had ascended a frightful precipice to rob an eagle's nest; the fond parent expostulated with the daring youth, saying "I wonder *fear* did not prevent you," to which the admiral in embryo replied, "*Who is Fear*? I met no one all the time I was out; besides, the cliffs don't belong to any one in particular."

Fear is also an enemy to health; that person who lives continually in apprehension, becomes highly nervous as a matter of course; this produces other diseases, and although the process may seem slow, eventually wears the body down.

There is a recklessness however, that must not be taken for genuine valour; the disciples of Mahomed are particularly tinctured with it, and it is only the effect of a very mistaken notion of predestination. This reasoning is simply that they suppose God has a particular day appointed to each for that of his death, it therefore (they argue) is of no consequence to avoid danger, in as much as, if your day is come nothing can avert it, and if not no exposure can hasten it. I need scarcely remark on the fallacy of this

doctrine, else why should we not walk as careless on the edge of a precipice, as on the middle of a solid road.

It may be said to be a paradox, to *love* and to *fear* God at the same time, but the word fear in this passage does not imply the slavish terror of a coward, but the *horror* naturally felt at transgressing the immutable laws of that being who alone is *infinite love.*

JOY.

There are numbers of people in the world who can bear *adversity* better than *prosperity*, however curious the fact may appear; how often do we see men gifted with a generous nature when in the possession of wealth lavish it away, and in a reckless course which appears to have no bounds squander the entire, and then sit down calmly to ponder how another fortune may be acquired and spent, while in point of fact the only quiet and rational moments they possess are those incident to the period during which the purse is empty; but watch the difference when some fortuitous circumstances place them again in possession of wealth, and it will appear as if all reason had left them, and their *joy* appears to have no limit, but leads them on to almost maddening efforts to dispose of the present accumulation. Joy also has other effects even to the loss of life, and there are not even numerous examples wanting to prove the fatal consequences attending the *sudden* arrival of joyous intelligence, indeed it is not to be wondered at, as the following anecdote will exemplify:

A devoted missionary to the heathen determined to go into the centre of Asia with the hope of extending christianity, and with his wife embarked for Alexandria in Egypt, where he left the lady determining to return if spared, at the end of a given time when they would both return to England. The missionary wrote to his wife from Cabul, stating that he had so far been favored; however, two years from the date of the letter passed away, and no account had been received by the faithful wife of the whereabouts of her husband; and to make the matter worse, a rumor was current that Akbar Khan, had put all the white people to death; as may be supposed,

the lady in question was absorbed in grief and after arranging herself in the usual costume of a widow, sailed for England, where in sorrow she joined her relations.

Not long after her departure from Alexandria, it appeared that the East India Company sent out Captain Bournes to traverse Central Asia, and shaping his course by the Caspian Sea, he was directed to get down to the Persian Gulf, and reach India by the coast. On the arrival of Captain Bournes at Bockarra, he was informed that a countryman of his own was incarcerated in a dungeon, and that he was to be kept there for his life. The Captain immediately demanded an interview from the King, stating that should it become known in England that he kept the white man a prisoner, it would be the loss of his crown; accordingly the interview was granted, when to the surprise of the gallant captain he found the long lost missionary, whose release he at once demanded, and received.

The missionary now proceeded to Alexandria, and there learned that his wife, under the belief of his death had returned to England; he immediately sailed, and on reaching home, walked in quite suddenly to the house where the lady lived. The joy occasioned by her beholding her husband whom she had so long believed to be dead, threw her into hysterical fits, that were very nearly causing her death; it happened under providence that she recovered, but was ever after subject to general nervous agitation.

HOPE.

Of all the appliances connected with man's transitory being, this is one that could be the least dispensed with; indeed there is seldom *a moment that* we are not under its influence, and what a melancholy desert life would be were it not for this preserving quality; for no matter what storm assails us, we know that

"Hope the charmer lingers still behind;"

and how appropriate is the symbol of this valuable material where the anchor is made the resting place of the trusting female. Truly hope is our anchor.

There are times and circumstances of course when hope is not required, that is when things hoped for are once possessed; then hope resigns her mission to possession, and only remains in the back ground until new demands are made upon her healing balm. In disease hope is a wonderful panacea. What patient would be likely to recover were despair to be forever brooding over the irritated mind and body, while on the other hand, thoughts of being restored to health and to friends which alone can arise from hope, stimulates the otherwise physical disabilities, enabling the trusting and the hoping patient to throw off the evil that weighs so heavily upon him.

In a higher sense *hope* is equally our friend. In the multitude of aspirations after a new and a better world, from whence would spring the consolations found in the *hope* that however troublesome our journey here may be, we have an anchor from which no storm or no flood can drive us, and a sure hold of those true riches, which the blasts of adversity, the sneers of the sycophant, or the taunts of the ignorant and profane, can never wrest from us. In fine we can lie down in hope, rise in hope, and rest in hope until it shall forever resign its soothing influences, when as wanderers we obtain *possession*.

JEALOUSY.

This is a most contemptible passion, and one that has caused more trouble in the world than all the rest put together, and it is to be found in all the ramifications of life; it is the offspring of meanness and of selfishness; it does not belong to any particular class, while it is seldom found among the truly educated; on the principle that the more knowledge a man possesses, the greater his deficiencies appear to himself, and therefore he sees the little cause he has to make it appear that he is above his fellows, while it is surely found among the ignorant, who ashamed of their inferior position when placed in juxta position with the more enlightened, make every effort to deteriorate their gifted contemporaries, resorting if necessary to falsehood and every species of exaggeration, so

as if possible to pull those who by labor and research have cultivated their minds, down to the level of their own groveling intellects, the effects of neglect, laziness, or dissipation.

Among females that possess it, it reigns almost supreme, whether in the shape of a new dress, a rare bonnet, or peradventure a cashmere shawl, or in some article of furniture, or in a carriage, or in the attentions received from the opposite sex; in fact in some shape or other, bringing down on the devoted heads of the *fortunate* delinquents a torrent of *conjectures*, as to how such things *can be afforded*, and the wonder *how the money is earned* that pays for those articles, the innocent offspring of the hated vice under consideration.

Between the opposite sexes this vice rages with the fury of a volcano; when weak minded and ignorant people enter into the bonds of matrimony, they lose sight entirely of the fact that men and women are not angelic, and by turning every mole hill into a mountain become astonished that they should as they think, have been deceived in one another, while the least possible attention even through politeness to other persons, is at once turned into a grave offence,when the green eyed-monster becomes immediately on hand, and the hopes and peace of that family are at an end.

Thus are the parties estranged from each other and often fly to illegitimate sources to find if possible, what ten chances to one they are never destined to experience during time; indeed, so common are these things in life that it is now reduced in London and Paris to a regular system; the husband and wife having separate establishments, while all the circumstances of their lives are well known to each other.

Jealousy on the other hand has often imbrued the hands of people in blood, and we have very correct representations of such in history; all combining to make the virtuously inclined guard well the avenues to their hearts, and by all means never to allow this terrible enemy the least admittance to a place within their minds.

CHAPTER XXII.

Of Bathing.

Ablution in eastern countries has almost always been a religious rite, a circumstance which greatly assisted to the cleanliness of the Mahomedans; in consequence, there is not a country that has at any period of time been peopled by the Moors, but will be found the remains of those baths so celebrated in history, and just in as good a state of preservation as the day they were constructed, proving the vast superiority of the cement then made, to what we in the present day use in architecture. I once explored one of these baths on Europa point, the most Southern promontory of Europe; it was eleven feet in depth, and forty-two feet square on the floor; the cement on the walls being as smooth as silk, and the whole in perfect order, although it had survived the ravages of seven centuries.

Nothing that has been created for the use of man is of more importance to him than water; it is good externally and internally, and no other fluid will cure thirst effectually, while the advantage to the pores of the skin is beyond everything proverbial. Water is set down as a non-elastic medium; not that it is so beyond all cavil, but it is so much so, or rather it is so little elastic, as not to make any difference between what it is, and what it would be were it perfectly so. In this respect it becomes one of the most useful things in nature; had it been of as little specific gravity or nearly so of air, how would the paddles of the steamer, or the oars of a boat obtain a fulcrum by which progress could be made, or how would it turn the mill that grinds the flour for our use, how could we have boiled food, and the other thousand and one conveniencies which it brings us. Water also has been taken as the standard by which to weigh all other bodies; if a cubic foot of water contains as it does one thousand ounces, then by obtaining a cubic foot of every other

material and comparing them, their exact density can easily be determined. Water also has many philosophical properties, as well as common; for example, as it is not possible to compress water into a smaller space than it occupies, and that we want to determine the weight of a ship, all we have to do is to find the weight of the displaced water when she is immersed, and that will be the thing sought; again, were it not for the great pressure on the sides which would of course destroy the fabric, a drop of water would be sufficient to float the largest ship ever constructed; this we can easily imagine, if we only suppose a vessel of the same shape exactly as the ship, only outside of her *without touching* yet *infinitely near;* on the principle therefore that water presses as the depth, and not as to extent, then the space between the external vessel and the ship being infinitely small, would, in fact require less than a drop to float the ship.

As to its use however to our frame which is the object of most consequence to us at present, I am sure that daily ablution by the bath tends greatly to health; to be sure there is some judgment required in bathing as well as in all other things, and if immersion does not produce a glow of warmth over the system, then the bath has been too cold for the constitution; but all bathing should be preceded by tepid baths, until the system becomes inured to the colder element; of course it must be understood that here, I refer simply to general immersion, one great object of which is the opening of the pores of the body and thereby giving free egress to perspiration.

THE COLD BATH.

This bath may be either salt or fresh water; salt water is preferable and weighs about thirty ounces in the cubic foot more than the fresh; it is a fine auxiliary in many diseases, in its congealed or fluid state, and may be used with great advantage in fevers, in paralytic affections, debility, and even in rheumatism; in fact, I believe these are but isolated cases where the effects of cold water

could be prejudicial; at the same time, I cannot ascribe to it all the properties sought to be established for it by the devotees of water as a general panacea.

WARM BATHS.

I must confess I have great reliance on the warm bath, and it is a curious circumstance that this bath has been extolled through all history; those who are acquainted with the dead languages and have perused Homer, will find mention there made of it as being condusive to longevity; indeed it seems to have been an erroneous idea altogether, to think that immersion in warm water should invariably produce relaxation; this has proved by experience to be a mistake, while it is a sure allayer of irritation, giving composure and sleep to the weary.

HOT BATH.

This bath is seldom used, in fact never unless for some very aggravated disease, such as severe fits, croup in children, or acute diseases of the urinary organs; then this bath will produce relief, at all events until time can be obtained for the use of more general remedies.

THE VAPOUR BATH.

This bath is nothing but steam poured upon the body, until perspiration is freely attained; there are diseases greatly benefitted by it; it is however, only another variety in the means to acquire perspiration, and by which to eject from the system foreign matter imbibed by sudden cold shutting up the pores, and thus engendering disease within.

TOPICAL BATHING.

Topical bathing is simply the application of warm water over the part where inflammation exists; this description of bathing is

more especially useful in inflammatory action of the bowels, and is truly a useful process; it relaxes the parts and lessens the irritation; indeed it gives almost sudden relief in many cases, during the period internal applications require, before they can come to the rescue.

SULPHUR BATHS.

In my humble opinion little advantage if any is possessed by this bath over the common vapour bath; some medical men think it has, but I candidly say I cannot see any difference.

SHOWER BATHS.

These baths are of so common a nature that very little may be said on the subject; they are good for those predisposed to a rush of blood to the head, and in situations where sea bathing is not convenient they answer a very good purpose.

I remember a few years ago being called in to see a patient who had been given up by three medical men; they had disagreed entirely as to the nature of the complaint; one of them was an army surgeon in bad health, and was of a very morose temperament, partly because he could not arrive at a correct diagnosis of the patient's disorder, and partly from his own bodily infirmities; on the conclave retiring, the wife of the sick man asked the *morose* attendant should she give her husband more opium; certainly was the reply, give him as much as you have a mind to, I can do nothing for him.

I must confess I never saw a worse or apparently a more hopeless case, and I thought it would be achieving something were I so fortunate as to be of use. I made every enquiry, and I felt satisfied the disease was not what any of the medical men who had left, considered it. I at once saw that the spasms which every ten minutes came on, threatened momentary dissolution, and I felt satisfied there must be an abscess inside some where, perhaps in the bladder or contiguous thereto; I immediately ordered the man to

be put into a warm bath, and as soon as I got him in it, I gave him some of my own courses of medicine according to my New System. While thus employed the man's wife said, the doctors had decided that the warm bath would overpower him, and that he would die in it. I begged of her to be quiet, that I believed no such thing would happen; accordingly, after fifteen minutes immersion I had my patient removed to his bed, and in less than half an hour he fell into a doze; I kept his pulse in my hand all the time enjoining strict silence, and remained at the bed side for three hours; I then left with directions to call me should he awake. That night I received no call! and on coming to the bedside at ten o'clock, my patient was still asleep. Doctor, said the kind hearted and devoted lady, this is the first sleep he has had in sixteen days and nights.

At the end of *eighteen* hours my patient awoke free from all pain! I immediately examined the bed, and found just what I suspected, an ulcer had formed in the neck of the bladder, the warm bath and my medicines had broke it and the patient lay at ease in a heap of blood and corruption. He was soon up and about.

CHAPTER XXIII.

The Pathology of Diseases.

We have now arrived at a subject which has more or less attracted the attention, and engaged the faculties of scientific men in all ages of the world, and various have been the assertions, surmises, and opinions set forth on the vital issue in question; into an analysis of which I am not disposed to enter, as it would be only a debate without profit to elaborate the numberless speculations given to the world, and would only entangle the reader in a labyrinth of useless lore. It will accord therefore more with a popular

treatise to state what we know to be facts cognizable to us all, and derive such a practical lesson therefrom as by adhering to certain principles will ward off disease.

It is a certain fact that *all* we take into the system for the maintenance or nourishment of the body is not used for that purpose; that is to say, only a part undergoes that change which is required for our sustenance, and therefore there must be an outlet for the useless portion, so that nature may not be clogged up with what is very significantly called *foreign matter.*

There have been provided for us several outlets by which this useless matter is to be carried off, and it behooves us to take care that these channels are always free to act, thus will the body be healthy; while if we be regardless of these human sewers, and allow them to become choked up, disease must assuredly follow.

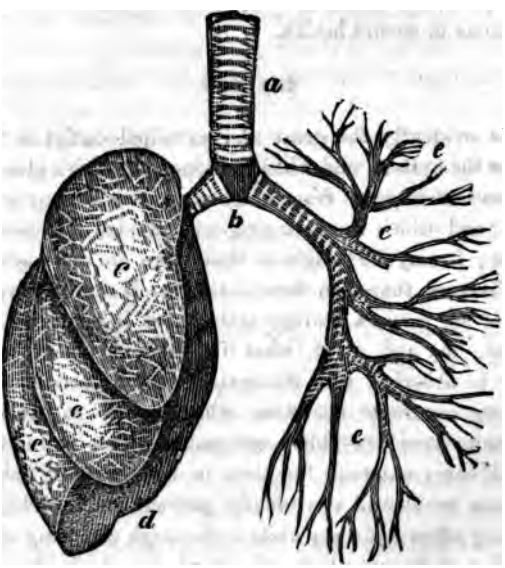
I shall examine these conduits separately, and having shown their peculiar avocations, give my advice as to the attention they deserve so as to ensure health.

THE SKIN.

This is evidently the great and principal outlet of redundant matter for the system, and when examined through a glass, exhibits a numerous set of pores from which emanate a vapour we call perspiration, and which has been properly divided into sensible, and insensible; it may be imagined that when we don't actually feel the perspiration, that then these little vessels are inactive; but the case is not so, for in a healthy state there is continually issuing from them, day and night, what if it should not get out, would naturally be absorbed into the system, thereby producing disease, and forcing nature to use some other process to get rid of the load; now to keep the skin continually in that state, that these pores shall carry out their functions in due course of nature is the point, hence we should continually prevent sudden chills of cold from taking effect upon us, while a thorough cleansing of the skin daily, will remove any obstruction that may be in the apertures, and by which free vent will be given to these highly important vessels; on the other hand, neglect in these particulars will be

attended by a sudden closing up of the pores, and the morbid matter thus thrown back into the system will assuredly fall upon some weak organ which is thus predisposed to disease.

Here then we have a fruitful cause of so much consumption, catarrhal affections, inflammation of the brain, kidneys, bowels, and a train of disorders too numerous to detail; while it will not be overrating the estimate to say that nearly three-fourths of the foreign matter necessary to be got rid of from the body, passes out through the pores of the skin. As the lungs however are the most essential part to protect, consumption being so common and so fearful a disease, I shall here give a view of them, and I earnestly entreat all my readers to beware of *checked perspiration*; many a person finds a premature grave by what they often insignificantly term *only a cold*



Let us now return to another outlet for this redundant matter.

THE STOMACH.

It is well understood that when the stomach becomes overpowered by foreign matter, nature at once exerts herself to get rid of the nuisance, and by vomiting, a discharge takes place and relief is gained; but as we said before this is not the natural channel; hence nature has been taxed, and other organs employed, whose duty must be left undone while they are performing the office of others; all this tending to the derangement of the system generally; as an example, we may take the case of inflammation of the bowels or hernia, where the legitimate channels become obstructed, and where nature makes the attempt to relieve itself by vomiting from the stomach.

THE INTESTINAL CANAL.

This is the next legitimate channel for the expulsion of foreign matter from the system, and any disorganization here is the cause of many troubles. Let us see what would result were the principal sewer from our dwellings closed up; would not the air become poisoned, and living become insupportable from gases, and noxious vapours arising from decomposition; and if so, how much more aggravated must the fine tissues of the human body be, when suffering under the like offensive deposits; how necessary therefore to keep up *a daily* irritation in the abdominal viscera, in order that nature should not be overloaded, and thereby health attained. It was a shrewd thought that was father to the expression:

"*Keep a cool head, regular bowels, and warm feet, and health will not desert you.*"

This may be considered a *multum in parvo*, and equal in physic to the golden rule in morals, and religion.

THE KIDNEYS.

Here we have another legitimate channel for the troublesome matter under consideration; from the blood naturally comes the urine, which in health carries off also morbific matter, [illegible]

fore, any derangements occur here, the same reactionary measures occur, and disease in various forms arise; *one* of the most common being anasarca, or what is generally known as dropsy; when the urinary vessels refuse to perform their functions, nature tries to overcome the deficiency, and not finding an outlet lodges in the cellular tissue, and a frightful disease sets in. Here also we are called on to preserve this outlet from obstruction, so that the system may retain its equilibrium.

THE LUNGS.

These important organs in a state of disease simply prove that nature is trying to relieve itself by expectoration from disease engendered by the retention of morbid matter.

During the previous discussion, I have been going upon what I suppose to be an undisputed fact; namely, that nature has not only the power, but the inclination to remove disease. I cannot imagine how this could have ever been a mooted question and shall not insult the reasoning faculties of the reader by going into any exposition of what common experience testifies as a fact.

CURES.

When we see the quack advertisements of the day, it is enough to make the blood run cold to think that language should be so prostituted; honesty so annihilated, and the world so deluded in the effort to attain wealth under the assumption of *curing all diseases.* One sets out his universal balm, that on application makes the blind to see, the lame to run, the aged to put on youth, and in fact so universal in its powers and properties, that were it necessary, it would change the Ethiopian's skin; while another taking advantage of the *greener* portion of the world comes forward with recipes conjured from the conjunction or opposition of the planetary system; while clairvoyants, who by the way never tell of things until after they take place, come to the rescue of the diseased in midnight trances and dreams; the whole exhibiting a mixture of deception and chicanery, on one side, and the most deplorable

ignorance on the other. How long the ignorant will continue to be the dupes of the knavish yet better instructed, will be just so long as the ignorant choose to remain in oblivion on the general welfare of their physical and moral natures.

It is not for want of guides to direct them, for surely the press teems with works from the pens of as many able and faithful disciples of the healing art; and, to which I offer my mite in the shape of a PILOT, to warn them of the quicksands of knavery and legerdemain by which they are surrounded.

I do not hesitate to say that no man ever cured a disease; nature cures, and may be assisted by the skilful practitioner in obtaining her balance, after being thrown off it by circumstances over which she had no control; this cure, the world is too apt to ascribe to the officiating practitioner and to which he lays no claim himself.

The general moral I think to be derived from the foregoing is, that great attention ought to be paid to the various modes in which nature operates to work out the remedy; a true knowledge of this essential point, would naturally suggest the most proper means to be applied, in assisting the natural exertions to a complete development. It is thus we may hope to benefit the sick, to see disease expelled from the human form, and a healthy generation spring up around us, as a monument, not to quackery, but to common sense.

CHAPTER XXIV.

OF DRESS.

THIS is a very essential subject for debate in a medical work; more especially in our climate, where we are exposed to such sudden changes in the atmosphere. Upon this subject too, *doctors differ*; some recommending flannel next the skin all the year

round; while others prefer cotton next the skin, and the flannel outside it; the flannel to be taken off always when retiring to rest. My own opinion is, that being creatures more or less of habit, we are individually the best judges of the clothing which from habit we have been accustomed to from early life; besides, the naturally hale and robust will withstand the effects of any climate better than those who are physically weak; hence, the impossibility of laying down general rules for all in the matter under consideration.

It will be matter for reflection however, for all to understand the nature, and properties of the different material dress is composed, and thus make a selection which their own feelings will doubtless indicate better than others can advise. There are to be sure in this as well as in all other things something that may be well to point out; for example, that

WOOLEN ARTICLES,

by being both porous and absorbing are better for the drying up of the perspiration, and from which no chilly feeling results as from wet linen; to be sure, care should be taken to remove such articles periodically, so as to prevent the possibility of the extraneous matter being again imbibed into the system.

COTTON.

This as being worn is better than linen next the skin, as it is more of a spongy nature; still I cannot think it at all so good as flannel. In this latitude where changes occur every three or four days in the temperature, it becomes next to impossible to take up so much time, as would be necessary to make the corresponding changes; hence to my idea flannel has the preference, more especially for weak or delicate people; to be sure as I surmised before, some constitutions can bear with impunity, what others would fall under in a short time. I once knew a gentleman that bathed in a canal once a day all the year round, and I have seen him break the ice, when the thermometer was considerably below zero, and

jump in; I am aware that one immersion like the one I witnessed would probably cause the death of others, who were hereditarily of a delicate frame and temperament.

I should be sorry to recommend *too much care* either in these particulars, otherwise a degree of effeminacy may be engendered, altogether inimical to longevity. We must not forget the old, yet true song,

"Too much care will turn a young man gray,
And too much care will turn an old man to clay."

LEATHER.

A very unwise custom crept into practice at one time, namely, the wearing of chamois leather next the skin. How such a fallacy could have obtained, I am quite at a loss to understand, unless, indeed, on the principle that induced the leather merchants on one occasion to recommend the article as the only sure battlement to save the town in danger of a siege, and which every one may recollect was enunciated in our school books, as follows:

"The currier, wiser than all these together,
Said, say what you will, there is nothing like leather.

How a man could expect health by being hermetically sealed, is a curious reflection, and one would think that the commonest understanding would ask, if the atmospheric air cannot reach my body, by what means will the perspiration be carried away from the skin?

In Doctor Beach's excellent work on medicine, he closes *his* observations on dress by a quotation from Cobbett, as follows:

"Let our dress be as cheap as may be without shabbiness; attend more to the color of your shirt, than to the gloss or texture of your coat; be always clean as your situation will, without inconvenience permit; but never, no, not for a moment believe, that any human being with sense in his skull, will love or respect you for your fine or costly clothes."

Now, with great respect, I beg distinctly to differ entirely from the position laid down; indeed, the very contrary is experienced every day in life in New York, where we see *dress almost* every

thing, while the want of it makes a man *unseen* by his best acquaintances. Will a lady take the arm of a man, however *good* the stuff may be in his clothing, who has not the style, the cut, and the *debonaire tout ensemble* which fashion, and gold appendages suggest? Certainly not. If you call on your friend who happens to live in some of the up-town mansions, and when the door opens, you exhibit to the gold-laced lacquey a plain underdressed appearance, ten chances to one but the menial closes the door in your face, and behold you are nobody, because you are not dressed, while the owner of the house is angry for your having outraged decency so far, as to give the servant the idea you were one of his employer's friends. One example more on this subject will be worth the perusal.

About seven years ago I became acquainted with a very respectable merchant in our city; fortune had smiled on his endeavours, and of course he had all the enjoyments of life, amongst others was dress of course and its adjuncts; he was a constant visitor, when leisure allowed, of a fashionable hotel yet extant in Broadway. Severe losses by the wrecks of his ships, and disappointments in monetary affairs ensued so close upon one another, that at length my friend was so reduced as to be obliged to accept the office of bookkeeper at a very moderate salary, at another establishment. It so occurred that his employer one day asked him to go to the hotel already mentioned on a matter of business, and not thinking it made any difference, proceeded there in his working clothes, it being quite necessary to keep the finery for Sunday. Hardly, however, had he entered, when a porter advanced and asked him what brought him there, at the same time gently taking him by the shoulder and politely escorting him to the door. My friend now felt considerably ruffled, proceeded to his boarding house, dressed up in all the fine clothes he had, gold watch and chain, rings, and the etceteras, and almost suffocated with rage, proceeded to the hotel again. The change in dress so suddenly, had deceived the porter, who now came up with all the mean superciliousness of a jackal: "Please Sir, what can I do for

you? do you wish a carriage, sir? what may I please do for you?" "You turned me out of doors not fifteen minutes ago," was the reply. "What, me, Sir? oh! Sir, you must mistake, I never turned a gentleman out in my life, Sir," responded the lacquey. The owner of the house now appeared, and on hearing of the indignity offered to his old customer, was dismissing the functionary, but the *dressed* gentleman interfered, and prevented it. Fine clothes made the gentleman in this instance at all events!

It cannot be denied that Fashion has altered our habits in dress very much to the disadvantage of our physical requirements; what is considered good taste and elegance in dress, requiring slender materials in its manufacture; for example, a lady would not parade Broadway with thick warm boots; her tiny feet, on which she places such a downward glance, might be taken by the beau cavaliers for snow shoes, therefore she must bear with wet feet, so that it may be said: "What a pretty foot that young lady has." She returns home, and for the pleasure of the compliment obtains an inflammatory attack of the mucus membrane of the air tubes; is confined to the house for weeks, and comes off well if it does not end in consumption. Thus can be easily figured out the wholesale price of vanity, and the downward tendency *of stock* in the market of health.

As this work from the commencement treats (in a popular sense) of diseases, it cannot be out of place to say a few words in the way of advice to parents, guardians, and those who may have the care of youth in our land. If you are true to your trust; if you would wish to see America's sons men both in physical, and mental manhood, then as you value your country, neglect not the training of the rising generation. Our country was not won without muscle, and moral courage, and if ever it should be menaced from abroad, which God forbid, it will require the same moral attributes, and the same physical qualifications, to hold what was secured to us by the prowess of our sires; cultivate, therefore, in the young honorable principles, manly bearing, and an earnest love for the land which has proved at once the home of the brave, the blessed, and the free.

CHAPTER XXV.

Of Mercurial Practice.

It is a solemn fact that mercury introduced into the practice of physic has killed more persons than all the other nostrums the world has seen, put together; indeed, half a century ago, should a person complain of a cut finger, it was only to take mercury and it was cured—mercury was the sovereign remedy, and although in certain delicate diseases it was found to allay the incipient distress, yet it was sure to lay the foundation of other diseases equally difficult to get rid of. We ought to be thankful that we live in a more intelligent age, that we look before us, and while using our best abilities for panaceas, contrive to find such as will not entail a greater evil than the ones they are destined to expel. When we reflect on the millions that have found a premature grave by the unlimited use of mercurial poisons, we are sorry that some stringent law could not be made and executed, against the slaughter of humanity by the present legalized poisonous compounds. It is a mercy, however, that in the present day there is no absolute want of such remedies, and few, very few of the old school remain who assisted so powerfully to decimate mankind.

The herbs of the field have now risen up in judgment against human butchery, and the sad traces of the mercurial system are no longer to be seen in the attenuated frames and ghostly appearance of the sons of imprudent humanity. That mercury in large doses was fearful to contemplate no doubt, yet smaller ones were not without their aggravating consequences; in fact, in all stages, whether in its more or less aggravated forms, mercury undermines the constitution, and by perseverance in its use no man can stand for any length of time.

So common had it become among the daily recipes of physicians, that they had even the temerity to use it among children of tender years, and in those cases of obstruction in the bowels, and to which

the young are so liable, mercury was resorted to, where other harmless operatives would have answered all the purposes of the case.

Let us reason together, dear reader, on this subject; let us see what the fearful consequence to us all will be, if we don't at once and forever banish from amongst us this practice, and let us conjure those in whose hands the sick are placed, to weigh well the consequences to them as responsible agents in its administration. We have, thank God, in the present day, the testimony of some of the most enlightened men against its baneful effects, while its evil effects, by every day's experience, speak trumpet-tongued against this subtle enemy.

If we take an example, and picture out before us a man who has been mad enough to lay himself under the effect of mercury, what do we see, we find salivation, followed by an emaciated and

debilitated state, truly melancholy to look on, exhibiting increased action of the heart and arteries, and though existing as a living skeleton, is perfectly dead to all that in life is valuable to live for.

his whole system is nothing but the irritable shell of humanity, from which he is never destined to resuscitate, his face elongated, his tongue swelled, and the dripping saliva, the effect of a barbarous treatment.

When effects such as these have been continually exhibited, after the application of mercury, it is indeed curious to think that medical men should be found to persist against all reason in administering it; yet such is the case, and although such practitioners are much lessened in number, still there are those who continue in the old routine.

There are other awful attendants on the use of mercury in great quantities. How many inmates to the lunatic asylums of the land have been gathered from the population, exhibiting itself first partially, with horrifying dreams, and if not immediately looked to and corrected, evidently ending in complete mental alienation.

It is curious to observe in the medical works of thirty years ago, that while recommending the use of mercury in private diseases, there seems to have been a ray of light even then dawning on the minds of the faculty, that the day would be when, as a medicine, mercury would no longer have a place; corroborative of this, I shall transcribe here a few lines from an old work on this subject. The author says—

"I am perfectly aware that the idea of the abandoning the use of mercury will be considered a novelty by many of the faculty of this country; but I am fully as well aware that the sarsaparilla, as I have prescribed the use of it here, combined with the nitric acid or aquafortis, as before mentioned, will remove the disease from the system, in its worst forms and stages."

Here then we have a prophetic account, even when mercury was considered the great antidote, that the day was not far off when this great evil would be removed from amongst us. We have lived to see it partially done away with already.

Every one will see how difficult it is for a reformer, at first, to stem the tide of popular practice and opinion; no sooner does the innovator of orthodoxy lift his voice against an old custom, no

matter how feebly supported by reason, than the whole fraternity come out in one avalanche, and but that truth is omnipotent, would sweep the daring reformer off the face of the earth; such has been the case in all ages of the world, and no one can forget what poor Galileo had to endure in persecution for the assertion of doctrines, that now we would laugh at the smallest schoolboy, were he to affect to deny.

As, however, I would not like for fear of being considered egotistical, or setting my own opinion simply above others, equally entitled to respect from learning and other resources, I shall quote a passage from one of the ablest authors of the present era. Doctor Beach, in his truly valuable treatise, says:

"Those who are subject to occasional fits of dyspepsia, particularly those who have resided in hot climates, are accustomed to appeal to their own personal experience, as directly evincing the great utility of calomel in such complaints. But if those persons could attend impartially to the effects of the medicine, they would find that its immediate operation is severe, and that it is followed for some time by uncomfortable feelings, and by an unusual susceptibility of derangement of the stomach and bowels. Perhaps, indeed, these very effects of calomel furnish in the majority of cases, an antidote to the poison, for they compel the sufferers to adopt restrictions in diet, and other necessary precautions which the immediate relief that would ensue from the operation of safer medicines might make them suppose to be useless.

"Sometimes, it is true, a single dose of calomel seems to remove in a few hours the oppressive feelings produced by indigestion, and this happens from the sudden discharge of the acrid contents of the stomach and bowels. But a repetition of the same medicine, instead of being equally serviceable, generally aggravates the sufferings, inducing alarming fits of palpitation, or of faintings, or of such unaccountable feelings, as lead to the dread of immediate death."

I shall wind up this short episode of a fearful poison, by saying that time and space in a popular exhibition of the *New System*

prevent any elaborate detail of all the diseases supposed to be cured by this monster medicine, or, indeed, the terrible effects of minerals generally used with the intention of exterminating disease, such as the muriate of mercury, zinc, antimony, arsenic, iodine, &c., &c., which more or less tend ultimately to the destruction of all animal nature, and I can do no more than raise my voice with others in beseeching the community to "*touch not, handle not,*" for it will be sure death.

CHAPTER XXVI.

Of Bleeding.

This practice is, like that of mercury, fast dying out, and it is time that it should die, when it has been the cause of so many human beings dying. Bleeding has accompanied the use of mercury, as if one instrument of death was not enough without another to back it up. If a man got a fall, he should be bled; if he got a fever, he should lose blood immediately, while it could not be unknown that there would arrive a stage of the disease when it would require all the possible strength he could muster to rally; if a man complained of a slight headache, well, out with the lancet, and let loose the red current; in fact, bleed at once, and then attack the internal economy with mercury, and the doctor left, with the conviction that only he had been called in time, the consequences would be fatal.

It was only a few days ago that I was looking over some rusty lancets, and by a natural instinct put oil on the blades, simply on the principle that rust is prejudicial to metal, and causes it to wear, for, as they have not been used for years, they will, in all probability, be as many more before they are taken from the now impoverished looking leather case in which they uselessly recline.

I have become perfectly satisfied that in ninety-nine cases out of a hundred in which the lance is used, it would be greatly better not to have taken blood; but, like other things, antiquity has been pleaded for its continuance, and we know how hard it is to rid ourselves of customs, no matter how unreasonable their practice.

The simple method, to my mind, is to see by what process the blood necessary for a healthy body is made, and after its use, by what means is the offensive matter carried off, so as to preserve equilibrium. We know that from food the blood is furnished, and we know the outlets that carry off the redundancy spoken of; if, therefore, we create a new channel or outlet for the fluid, surely the system loses its balance, and evil consequences will arise, while we invariably perceive that nature, true to herself, sets to work industriously the moment blood is taken from the system to renew it, by increasing the appetite for food and other appliances, so as to gain the balance lost by the piratical or fillibustering operation made upon her by the lancet. But, though nature thus exerts her influence to restore herself, will the wielder of the lancet be sure that he has not undermined the constitution, that the blood has not prostrated the whole fabric, and reduced the system to such a degree, that, with all her intentions, and all her powers, nature is overcome, and the patient sinks quietly into the grave? I am sure this has been the case to a woeful extent, and though I am satisfied the matter is too serious to make light of, yet I cannot refrain from relating an old story, the effect of the indiscriminate use of the lancet in superstitious countries and times.

Mr. Barney O'Flaherty, as his name would imply, was a wealthy Irishman, and had determined on leaving the mountains of Skibbereen, and passing the winter, in company with his family, in the city of Cork. Barney was often heard to declare, that the priest, the schoolmaster, and himself, the three greatest men in the country, had come to the belief that more people were killed by the lancet than by all other sources known to mankind, and no physician should enter his door, that used that sharp instrument. On

reaching his city dwelling, he found out that every medical man within its walls carried about him the hateful instrument, and used it, too, on every occasion. This intelligence startled the philosophical Irishman, who, arguing on the principle that the least was the better of two evils, determined, if possible, to find out which, of all the physicians in town, used it least, and then, in case of sickness occurring in his family, that man should be sent for.

Mr. O'Flaherty (who always acted his part well) was extremely superstitious, having a full belief that the spirits of the departed could return to earth, and haunt, as he said, the dwellings of those who were in any way *instrumental* in their deaths, believing, also, that a midnight never came without the doors of the doctors being infested by the spirits of those who had suffered under the lancet; accordingly, this wise Hibernian paid a nocturnal visit to the hall doors of every physician in the city, and gave the experience of his peregrinations, by affirming that at the door of one doctor he found *twenty spirits*, at another *one hundred and ten!* at another forty, and so on until he came to the door of the last, at which he could only count *ten;* this is the man for me, said Mr. O'Flaherty.

It so occurred, that shortly after this period, one of Mr. O'Flaherty's children became sick, and, of course, the doctor was sent for, who bled the girl, gave her some calomel, and left; the same practice was continued, and the child died; others of the family were also taken ill, underwent the same treatment, and with the same melancholy effect. Mr. O'Flaherty now told every one what made him choose his medical men, when, to his astonishment, on naming the evening he had made his midnight visit, was informed by an old inhabitant that he had made a great mistake, as the man he had chosen only came to reside in the city *one day previously to the choice being made*, thus killing *ten persons in twenty-four hours!*"

Let us hope, for the welfare of mankind, that the lancet may not be used to such a fearful extent as it has been, and that the

day may not be far distant, when mercury, and the *two-edged sword*, may disappear from among the catalogue of things considered indispensable to the healing art.

CHAPTER XXVII.

Surgery in Union with Physic.

MORTIFICATION.

I shall take mortification as the leading subject under the head of the enunciation, because I am of opinion that many persons have lost their limbs, and numbers their lives, by too great an anxiety to perform an operation, and of the eclat arising to the operator when it is performed with expertness and skill. If, indeed, a case occurs where nothing can save the patient but the removal of the member, then it is well that the operation should be done well and expertly at the same time. Still, I am confident limbs are removed without necessity, and thus I would wish to see more deliberation on this important issue.

It would be well in all such cases, before the dernier resort, to be sure that the patient is every way fitted to receive benefit from the operation, that the limb itself will not, after the amputation, be as bad as it was before, and that constitutionally the loss of blood, and nervous prostration will not be so great as to ensure the patient's not sinking under the operation. These are matters of no small moment, and require all the attention, all the skill, and all the experience to legislate on, previously to taking the last resort. I am sorry to think that an anxiety to show our skill in operations hasten our decision, when there are remedies now that, beyond all question, arrest mortification, and produce the necessary resuscitation where required; for my own part, I do not fear to say that, in ninety-nine cases out of every hundred amputation

for mortification may be dispensed with, especially when the original inflammation has been well attended to.

WOUNDS.

Of course the nature and extent of the wound will naturally guide the practitioner in the first place, as in some cases a simple dressing may be the only requisite; but where there is attending a wound some fracture to one or more arteries, then these must of course be taken in the first place, and then the wound treated afterwards, such as to take care to remove all extraneous matter, dirt, or gravel; when clean, and the rugged portions all, as far as possible, brought into contact with each other, adhesive plaster must be bound over the wound in strips, the whole being kept on firm by clean white bandages.

There are some wounds that require probing, in order to remove extraneous matter, such as those received by gun shots. I have seen a ball pass into a man through his coat, and by taking a piece of the cloth with it, give the surgeon in attendance fully an hour's work to get it out before he could consistently perform the remainder of the operation. Triangular or jagged wounds are harder to cure than others, which in part has determined the shape of the bayonet used on the end of military arms.

When the injury assumes the appearance of a

LACERATED WOUND

it very frequently happens that the edges cannot be brought into contact, hence we may be certain that suppuration must take place, and then great attention is required to the constitution, and to the medicines to be employed. I am happy to say that I have courses of medicine ready made up, that may be kept for years in a house, ready to apply the moment a casualty occurs, and so handy for those in the country, where accidents from the axe, in felling trees and other work, is to be feared.

VENOMOUS WOUNDS.

There is very much uncertainty regarding the cure of the

poisonous wounds inflicted by rattlesnakes, adders, centepieds, tarantulas, and scorpions, and the cure of such wounds are very uncertain.

When I was in Spain, and first beheld a tarantula, I confess, from all I had heard of this reptile, I could not help shuddering on beholding it. It was a spider, only on a tremendous scale; its movements were very slow, but the stories told of it were such as to make the blood run cold. I asked an intelligent Spaniard what remedies were used for its bite, and was informed by his taking down a guitar that hung behind the door, and immediately commenced singing a sweet air, accompanying himself with the instrument, as much as to inform me that music was the only remedy.

These people have this idea so engraven on their minds, that should a tarantula appear, the instrument is at once played, which they think deprives the animal of all harm.

I was awoke one night by my servant crying out for assistance. I immediately sought his room with a light, and there beheld two of these brutes; one was slowly crawling over the bed clothes, while the other, equally dogged, was ascending the wall. I instantly got a large fork and killed them, while my valet lay in quite a nervous agitation, when he saw the character of the interlopers.

Next morning I put the two fine specimens of this gigantic spider into a flask of Holland gin, to have them as specimens to examine on future occasions.

NECROSIS.

This is nothing more than decayed bone, and usually proceeds from the use of mercury; an ulcer over the decayed part appears, and it is altogether a very procrastinating disease. The usual method, in a surgical point of view, is to cut down and take out the bone; but it is a matter of opinion whether it is not better to assist nature more gently in removing the bones that have become diseased, and consequently must be thrown off before a perfect cure can be obtained; years sometime elapse before it can be got rid of, so slow, and sluggish are the general operations in these

sores, more especially when the disease is in the lower extremities, as the irritation of walking, and carrying the whole weight of the body, greatly retards a healthy development.

LOCKED JAW.

This is the common name for the disease known as Tetanus, and is one of the most fearful man can be subject to; the name has been derived from the fact that the jaws become closed, thus shutting out the avenue to sustenance; but the fact is, that all the muscular system, as of that particular part, are deranged, and this is generally caused by some wound, which, in its infliction, has shocked the nervous system. It is not an uncommon thing to find the attack brought on by the puncture of a nail in the foot, or even by a pin or needle in the hands, and is more likely to occur to those who are of a generally nervous temperament. When the case is a bad one, the muscles of the whole system become rigid, and the spasmodic affections very severe, and the disease generally sets in before the end of the third day; if it should not, there may be little danger apprehended. This is another of those distressing maladies which momentarily may arise from accident, and I have for this also prepared courses according to my *New System*, which can be always kept in a house for use.

ULCERS.

Ulcers arise from numerous causes, and, in accordance to the cause, require a particular treatment: under all circumstances, however, one of the first objects must be to allay the attendant inflammation, and to keep the sores perfectly clean with castile soap and water.

There are just as many methods employed to cure ulcers, as there are kinds in the disease; some rely on poulticing entirely, others on salves, while numbers, believing all ulcers to be nothing but a local disease of the skin, consider internal applications useless, while others again look on them as being entirely constitutional, reject all external applications, and make use of internal remedies alone. My own opinion is, that both treatments should

be resorted to. I was once present with a medical man who had been called in to attend a patient who had ulcers on one of his legs; the patient had, some years before, got a severe fall into the hold of a ship, and had received a considerable contusion on the bone, half way between the knee and the ankle; the bruise had got well, and nothing appeared amiss, except a little lameness for a week or two, which then wore off. On the same leg, and near the spot where the accident occurred, the first sore broke out, then others lower down, until the whole limb was shocking to behold; it became necessary that the invalid should keep the leg in a recumbent posture, but the poor fellow's circumstances were such, that he should work to support himself and family, so he could not accord with what appeared absolutely necessary to a recovery, and therefore was compelled to walk about, and work every day, at the same time doing the best he could for the limb every night; thus matters went on without much sign of improvement, when his medical attendant requested me to accompany him on a visit to the patient, to which I assented. We found the poor fellow in great agony, the tears running down his cheeks; again the adviser told him he could hold out little hope, if he did not give the leg the rest it required. The poor fellow said he should work, and work he would. "Well," said the worthy doctor, "all then I can recommend you to do in that case is, to *muster up determination, and walk the disease off!*"

This doctrine appeared quite unique to my ears, and we left. Six months afterwards, I happened to meet the patient, and of course I asked him how the leg came on, when he replied, "I took the doctor's advice, and I *walked it off;*" in fact, he was perfectly cured. I do not give this example for the purpose of recommending persons thus situated to act the same way, as there are not many constitutions that could favor such a course; I only give it to show what nature can perform, when perfect development, good health generally, and a sound constitution, agree as agents to establish a cure.

CANCER.

It is now, I believe, fully admitted, that a surgical operation (for this *hitherto* incurable disease) affords no remedy; indeed, the knife may be thrown away, as far as cancer is concerned, and I believe the world is now fully satisfied that no surgical operation can possibly effect a cure; truly, it seems curious to think that a disease pronounced by the ablest authorities to be constitutional, could be relieved by cutting away a part of the fungus, if I may be allowed the expression, which is the only effect produced; that it is in the blood, is certain, and it is here we must look for a radical or rational cure. In what way, I should like to know, can an instrument act, so as to follow a cancer through all its ramifications from the external sore through the numerous minute fibres that connect it with the blood? does it not appear a fallacy on the very face of it? Let us, then, consider the subject as we ought constitutionally, and we shall find nearly as little cause to be entirely satisfied with external applications alone; to be sure, applications well directed, according to the new view of medicines, and of cures, assist as auxiliaries, and to these we give our adhesion. There are persons, to be sure, who, under the assumption of strictly vegetable poultices, perform operations which the public see from time to time heralded through the daily prints, but I feel satisfied that were those *vegetable* poultices subject to the scrutiny of a chemist, *arsenic* would be found to be the ingredient upon which the operators have based their plans; if such be the case, how many may become martyrs to a terrible poison, who, with all faith, believe themselves to be only treated with vegetables; and how are we to be satisfied, after all, that the remedy is only just as transient as the relief obtained from the knife?

That the *life is in the blood*, we still insist, and it is there we must go, if we expect to root out a disease which may be, indeed, reckoned a pestilence among the children of men.

SCROFULA.

This disease has been nicknamed King's Evil. In the early part of English history, we find superstition so rife, that people

were fools enough to believe that the king could effect a cure, by simply placing his *royal* finger on the part afflicted with scrofula. As we live, however, in an age and country blessed with a little common sense, we are inclined to believe the powers of kings, not only not greater, but more often less, than other people's; hence we look for a remedy more likely to avail us, than the supposed magic touch of royalty, feeling perfectly satisfied that the days of miracles are not these days, no matter with what plausibility kings, fortune-tellers, Rochester knockers, clairvoyants, *et hoc genus omnes*, assure us to the contrary.

Scrofula, it is asserted by some to be *hereditary*, while by others not so. I give my own opinion, that although a person may be found who cannot trace the disease as one having ever been known in the family hitherto, still I feel satisfied most of the cases can be traced in their origin, and therefore I am persuaded it so far partakes of an hereditary nature, that it mostly descends through families, particularly among those whose complexions, hair, &c., are fair. How often we find *red hair* breaking out in families on the same principle; several generations may pass away and no trace found of it, and then, without any apparent reason, the red locks make their appearance again. We have on record an example of this not unworthy of notice.

"An English family fond of tracing back to remote times the peculiarities of their forefathers, kept a genealogical tree, which they handed down to posterity, faithfully chronicling all that was peculiar or interesting. I happened casually to get a perusal of this document, and one of the first things that attracted my attention was under date 16th February, 1612, when a child named Elizabeth was *born with red hair*; this anomaly had not occurred previously in the family, although they were all a very *fair-haired* people; no sign of the red locks appeared again until I found under date 12th September, 1716, when the *red hair* once more came to light, and was accordingly registered; again it lay dormant, and by turning over I found it appeared under the caption, Jane ——, born 8th July, 1798—*red hair*."

Thus much for hair; and I am fully persuaded the disease, as enunciated, appears also in families periodically; it may slumber for generations, but like the *red hair*, those who have it, are the descendants of those of fair complexions and fair hair.

The present reigning family in England are the subjects of it, and it is well known as the cause of occasional lameness in a certain magisterial lady.

There are some diseases which, from the want of correct pathology, are often mistaken for it. Great care must be taken in the diagnosis; and as the disease is constitutional, of course a very early cure is not a thing looked for—patience and perseverance, under the *New System*, will be sure to effect the object.

DISLOCATIONS.

These distresses require in their cure, more fortitude, and nerve, than anything else. I shall give a case in point. Being in Canada about ten years ago, I put up at a country inn; it was a pretty isolated little village, and much the resort of Indians, who in this locality were quite peaceable and friendly; not a day passed but we were visited by numbers of them, who brought in venison for sale; I generally took pleasure in conversing with them, and I could not but admire the simplicity of their manners, their inoffensive demeanor, and their entire absence of that deception, so constant a handmaiden to civilization, and what, when well performed, gains for the *deceivers*, to use a lenient expression, in our populous cities, the soubriquet of *smart men*. There were none of these poor Indians *smart men*.

Happening to look from my window one morning, I saw an Indian crossing the field just below the house; he was in a state of intoxication; he had bartered his furs to some *smart man*, who had paid him partly in bad whiskey, and he had drank too much. The poor fellow staggered along until he came to the fence, to get over which he made many fruitless attempts; at length, in the last effort, his elbow caught on the top rail, and he fell senseless to the ground. Several persons now went to his assistance, and having laid him on a bed in the lower part of the

house, left him to recover as best he could. No one knew he had met with any accident beyond the simple fall. After remaining about two hours in a doze, the poor fellow came to, but could not rise from the bed, one of his arms being completely useless. I immediately went to see him, and found the arm out at the shoulder-joint. I then directed the tavern-keeper to find two or three stout men to assist me, and I would put all right, which he did. Sitting the man on a chair, I put a coarse towel across his other shoulder and breast, tying it, and directed two men to hold him to the back of the chair; I then put on three stout fellows to the arm, to pull in the opposite direction, while I kept my hand under the armpit, ready to assist the bone into the socket; but the men whom I had put on to the arm, absolutely refused to pull, saying, if they pulled more they would drag the man's arm off altogether. I upbraided them for their want of nerve, but no, they would give me no more assistance.

I immediately asked the hotel-keeper to have a horse brought from the stable, to attach a whipple tree to him, and I would get the poor beast to do what men had no courage for. The horse was accordingly brought, backed up to the door, and I was just making fast the rope to the Indian's arm, when the men at once said, that sooner than see the man torn to pieces they would obey me; accordingly I put them on to the arm again, first having given the Indian a little wine. I gave the word to pull gradually on, beseeching them not to give up, and in less than one minute I sent the bone into the socket with a crack resembling that of a whip, thus settling the matter.

I now asked the Indian how he felt. He stood up, and on finding his arm all right, said he had a mind to thrash some of the ignorant fellows who refused to obey the doctor at first.

FISTULA.

We have now to consider one of the greatest evils the human form is subject to. There are three species laid down by all medical writers, namely:

Ulcer of the anus.

Ulcer of the urethra.

Ulcer of the eye.

Fistula in ano, is a terrible disease, and very difficult to cure; the pain from it is excruciating, and in some aggravated cases extends inwardly to such an extent as to endanger life. The knife has been greatly used in this disease, but by no means with decided effect. It is stated that a French surgeon operated on himself for this disease. He must have been a man of most uncommon nerve, if such were the case. I have great faith in the *New System*, as relates to this scourge; and I have had so many cases under my care, all of which turned out so satisfactorily, that I feel confident in the new practice. It is astonishing with what pertinacity surgeons will cling on to the old system of butchery for this disease, as well as for cancer. When will the day arrive that the numerous failures of cures will be sufficient to induce the operator to sheath his sword? We have far better remedies, and with which we can do what the knife never did yet.

Of course the treatment naturally depends on the stage of the disease; for instance, you cannot prescribe for a state of inflammation, as you would for that of suppuration; of this the true diagnosis will at once be an informant. Altogether, such is the intricacy and delicate nature of this disease, that it would not suit the purposes of a popular treatise to go into the detail of, and the technicalities attached to it. All I wish to say is that, like other diseases, the light of science has shed its illuminating influence over the efforts of reform in medicine, so that the afflicted have now a sure resort for a remedy, without being martys to a system which caused terrible anguish, without effecting a permanent cure.

THE PILES.

This is a disease more distressing than fatal, and one generally known to all. They may be either external or internal. Females are more the subject of it than males, arising, I think, principally from the sedentary life they lead. Under any form, this disease is procrastinating in its cure, and by its constant teasing, bearing down, and pain, makes the patient very irritable; indeed, I have

known a person become so morose, from having suffered a length of time from piles, that no one could become familiar with him.

Using drastic purgatives will bring on the piles, and then costiveness, if permitted, will aggravate them; gentle laxative medicines must be given, avoiding all violent purgatives, and the diet so regulated by vegetables as to keep up a gentle irritation only in the bowels. There are many simple things that will alleviate the pain, such as sitting over the steam of hot water poured on hay. There are also great numbers of ointments sold for the bleeding piles, all of which may or may not have some useful property, but nothing in the shape of patent medicines can at all be relied on; therefore I have prepared specific courses which, if applied according to the New System, will work a cure in a wonderfully short time, and especially a vegetable ointment, the application of which gives almost instant relief.

THE BLEEDING PILES.

In this case there have been hemorrhages that have caused death, but not to any great extent in number, the disease generally being more of a teasing than of a fatal nature.

When the piles take the form of *prolapsus ani*, or falling of the bowel, it becomes a severe case, and no time should be lost in applying remedies, as, by long negligence, the difficulty of cure is greatly increased.

Great attention should be paid to diet, which ought chiefly to consist of vegetables, fruit, brown bread and oat meal; but no stimulants of any kind should be indulged in. It is not unusual to cure this disease by ligatures, and I have heard of some special cures having been made in this way; but I should place more confidence in the new practice, and therefore from experience conform to it.

WHITE SWELLING.

This is another disease, that, under the old system, was looked upon as almost impossible of cure, but, thanks to the light of science, we are enabled to handle it quite successfully now. It ever

there was a time to be thankful, it is in the present day, that, in this disease, also, the knife is, we hope, nearly discarded. What anguish the poor patients had to endure by the old system adopted; if, to endure suffering, we are sure of a cure, we would willingly submit, but when experience proves to us that, after all our sufferings, we have still to endure the knife, and in the operation lose our lives, this is poor consolation. I venture to affirm, I can relieve the worst case of the kind, and have no difficulty here again under my new theory, which, contrary to the old system, exactly tallies with the practical results. I hope, when these lines go abroad, they will carry into the homes and the hearts of the enlightened American public, the solemn warning, that in the diseases thus enumerated, they will (if they should be so unfortunate as to contract any of them) remember that, so sure as they go upon the old plan, the knife will wind up the transaction, and that, in ninety-nine cases out of every hundred, the loss of their lives will be the consequence.

What, may we ask, is the use of education, of popular printed knowledge? what use in lavishing money on colleges and schools, if the instruction there should be so limited, so restricted, as that our people should still slavishly be obliged to hand over their living destinies to the ignorant to traffic in? surely, it would be idiosyncrasy enough to place our wealth, our houses, or our lands, under the surveillance of the old fogies of a bye-gone generation, but when we think how many throw their lives into such a false balance, it becomes even more than a wonder.

OPHTHALMIA.

This is a severe disease, and occurs from one of many causes; it may proceed from injuries; it may arise from lime, gravel, or some extraneous matter being found within the eyelids, cold, excess in drinking alcoholic liquors, and not unfrequently, it is found in large military fortresses, in southern latitudes, where the fortifications are made of white stone, and reflect a great glare during the day-time. Every one is acquainted with the feeling when any thing gets into the eye, and the impossibility to resist the irrita-

tion until it be removed. The eye is, indeed, a wonder in itself, and the study of optics secondary to none other, by which we become amazed at the skill of the All Wise. When we view the machinery of this organ, and the wonderful process in obtaining a concentration of the rays of light on the retina, we are indeed astonished; while the whole apparatus is so contrived in its locality, as to be sheltered from injury by obtrusive external objects, the whole completing what to us appears the highest stretch of miraculous power in a being infinitely above our comprehension.

In the treatment of the eye, the greatest possible care must be taken; first, because it is such a delicate organ, and, secondly, if injury follows, then the greatest of earthly blessings is lost to us, for what would man be without sight?

I once was in the habit of visiting an old blind lady; *she had never seen any thing*, and her closing remarks, previous to my departure, were almost invariably, "Doctor, I have a great desire to die, for then I shall see; I am sure it must be a delightful thing to view the beauties that God has made, and I am satisfied that, as he has shut out this world from me, he will grant me a finer and a holier view in his own kingdom."

It would be impossible to witness such dependence on Divine goodness, in an aged person, without a lesson that would form the groundwork of Christian philosophy for the benefit of a generation.

Ophthalmia is generally treated, and properly, too, by removing the extraneous matter first, and then allaying the inflammation; one thing, however, I must here enter my solemn protest against; it is the false practice of applying *hot* poultices to the eyes; if you want to lose your sight entirely, you need only follow this practice, and you will soon be blind enough; no poultice should be, when applied to the eye, more than lukewarm, but better still were it cold. How often I have been applied to by persons suffering from ophthalmia, when, on asking them how they have been treating it, the answer would be, "with *hot* poultices." These people invariably became blind.

EGYPTIAN OPHTHALMIA.

This disease was introduced into America by contagion; it is a dreadful pestilence, and is a plague in Egypt; it is a very procrastinating disease, and highly contagious and infectious; it will run through a whole building or street, and often leaves the patient either wholly blind, or with the loss of one eye at least.

Topical blood-letting, I believe to be sometimes of service in this malady, especially as the pains are so severe; indeed, I have seen a patient almost deranged with it, and as the light must be shut out, it is melancholy in the extreme to witness the feebleness of the tortured patient, searching for relief by change of position, or any thing that would for the moment divert his attention.

It will be necessary here to mention that there are many local disorders incident to the human frame, that I may say almost, if not altogether, proceed from a disordered state of the stomach and bowels. A gentleman once applied to me for something to relieve a toothache; I asked him to let me see his tongue, and I felt convinced the whole disorder lay there; I said, will you actually try *my remedy?* to which he faithfully assented; I gave him a dose of medicine, according to my own plan, and the toothache vanished.

I am fully persuaded I can relieve ophthalmia in the very same way; of course, applications may be necessary at the same time, depending on the virulence of the disease.

CATARACT.

I am very much averse, as I have stated, to surgical operations, and I believe there are but very few cases where the knife is at all necessary; still, in this one, I believe there have been cataracts removed from the eyes, where benefit resulted. I have, in a former part of this work, alluded to the operation performed by Sir Astley Cooper on an American boy, which was effectual, and took a comparatively small time in completion, yet I do not say that it might not have been removed equally well, if not better, without risking the dangers from inflammation, in using the knife on so tender an organ; under any circumstances, it is a disease extremely

difficult to deal with, and it is well it is not one of very usual occurrence.

There is another disease of the eye, resulting in the partial or total loss of sight, in consequence of the alteration in the form of the eye; if the organ loses its shape, and the rays of light do not concentrate on the retina, these objects will, of course, be very indistinct, and it thus becomes requisite to use glasses.

The old people's sight requires convex lenes, while those who are still in youth, have the glasses concave.

GRAVEL, OR STONE.

This is a very distressing complaint, and is generally attendant on old age; debility is evidently the chief cause, for when the system is weakened so as not to be able to throw off the impure sediments taken into it, by food and drink, the lodgment takes place either in the kidneys, or bladder. It is truly a very terrible disease, and many painful operations have been practiced for its removal; if the stone should become pulverized, its discharge is easily effected, but when not, then, by remaining in the folds of the bladder, causes great irritation, and renders the life of the patient quite irritable.

The old method of treatment was, by cutting into the bladder, and taking the stone out wholly; this was, no doubt, a dangerous operation; again, there was an instrument in the shape of a common silver sugar tongs, which, by introducing into the bladder, along the urethra, enabled the operator to pulverize the stone, and effect a cure; this, also, was an operation attended with danger, as it was not always possible to be certain, but that you might lacerate some of the folds of the bladder.

There is one instance in which a surgeon undertook to operate upon himself for the stone, by means of a looking-glass, and succeeded. A thousand years might pass again without so extraordinary a feat.

ANEURISM.

The common understanding of this disease is that of turning into bone; it is, however, better defined, by understanding it as a

tumor over an artery, and in proportion as the artery is a small or a large one, so is the danger attached to the disease.

The surgical practice, I shall first speak of, declaring, at the same time, my solemn conviction, that few lives, if any, are saved by the operation. The surgeon cuts down, and takes, or ties up the artery, and the danger resulting is the sloughing of the limb, which then does not get sufficient blood, mortification, and then amputation, ending almost invariably in death. It is in these cases especially, that the *New System* shows its advantage over the ancient practice. What use is there in following a plan where such evidence exists of a failure? better, far better, to let people die naturally, if there be nothing to do for them, than by following a mischievous plan, hasten dissolution. But we are not without a system to give relief, and I do not hesitate to say that gentle means, in nine cases out of ten, is better than what is vulgarly called, "taking the bull by the horns," and by violence try to turn nature out of her course. Were it possible to have the testimony of those who have lost their lives by surgical operations, what an army of martyrs would be arrayed before us. In this case, however, the herbs are all powerful, and from the cases I have witnessed, as well as those I have practiced on by my new theory, there is but one thing to do, to banish forever the idea of the cutting down, and tying up, for the disease under consideration.

POLYPUS.

This is nothing more than an excrescence that generally comes in the nasal organ, hanging downwards. The difficulty is not so much the detaching the polypus, as it is to prevent its continued growth, which is the true source of a cure. I am happy to say I possess a course of vegetable powders which I have invariably used with success, and as yet have seen nothing that will bear comparison with them, in their immediate effects.

SALT RHEUM.

There are few who are not acquainted with this disease more or less, and is nothing in appearance more than an eruption; of course

it is attended with inflammation, and is a disease entirely depending on the blood. After all, we see that nineteen out of every twenty cases, in all diseases, require a purification of the blood, but especially in eruptive diseases, where, on the blood becoming purified, the disease vanishes.

There are several kinds of this disease, but it is scarcely necessary to go into a minute detail of them. I was called upon by a male patient a short time since who was much afflicted with what is termed the *Corfoding Tetter*, and I had him perfectly well, after only two courses of my medicine.

WHITLOW

Is an inflammation that comes on the fingers, or toes occasionally; after a time a white spot appears in the centre of the top, which must be opened, to give egress to the matter; a hand steam bath, and one of my courses, I find always sufficient to relieve the patient. The pain for a while is bad enough, but the steam bath generally is sufficient to allay the irritation.

HYDOCELE.

This is but, in other words, dropsy of the scrotum, and is about the easiest operation in the surgical series we are considering. It is generally cured by introducing a seton; if the opening be not allowed to close too soon, the disease will soon subside; still, as it is a dropsical complaint, it will be necessary to pay attention to the general system, so as to make it throw off the predisposition to anasarca which not unfrequently follows those symptoms.

CHILBLAINS.

These are itchy swellings that come upon the feet, and generally in the winter time. Children are more afflicted with these unpleasant swellings than adults. Sudden immersion in snow mostly brings it on children, particularly if they have not got on woollen stockings. Care must be taken to get the frost out of the swelling first, and this may be done by immersion in cold water, when friction generally relieves the patient. As they are so simple of cure, it is not worth while saying more on the subject.

SUSPENDED ANIMATION.

There is nothing that has received more attention in some countries, than the circumstance of recovering persons in whom the spark of life still struggles for existence. In England there is a humane society, the members of which are always on the look out in the public parks, and other places where ponds or lakes tempt people to go for amusement, more especially in the winter, when the ice is just forming, and when the youth of the country are over anxious to put on their skates, and therefore do not give the canals and ponds sufficient time to gain a proper strength. Ladders and ropes of all denominations are kept at hand, and numerous lives are consequently saved by this humane association.

As we are on this subject it would be well to give a word of advice to our young countrymen who may be anticipating a pleasant skate. Be sure, when you do first trust yourselves on the ice, to have a pretty long stick with you; if you should break through, the stick, by crossing the hole, will preserve you until you can attract attention; but many are lost by trying to save one another. When one gets in, another goes to the brink of the hole, with the laudable intention of course of assisting his friend, when the edges of the ice give way, and the two are lost. The one who goes to the assistance of the other should call for a third person, and then a rope, which, if not convenient, tie two pocket, or neck handkerchiefs together, and then, each holding an end, advance singly. If the ice should appear to give way when the first gets to the opening, he knows that his friend is behind him on more solid ice, and a communication exists between them; thus he may rescue the first person, who we suppose is still holding on by the stick. If a rope can be obtained in time, then the matter is easier.

The great loss of life, particularly to young persons, on the opening of the winter in London, suggested the idea to a chemist, that by making artificial ice, or rather a substance resembling it, and answering all its purposes, a fictitious pond might be made, where skating could be had all the year round on dry land. The

thing was tried and accomplished, and the present beautiful place called the Glaciarum is now in full operation in London.

It consists of an artificial lake, formed by digging out a certain portion of irregular ground, the bottom of which was made quite smooth, and the substance resembling ice by a chemical operation then laid on; the banks were now rounded off, and a big artificial rocky projection occasionally as it were jutting out into the lake, while the banks were made quite green by sowing the seed as usual, and being kept closely cut, had a nice appearance; shrubs were now obtained, and planted about the rude stones and rocks already laid down, the whole encircled by a canvass panoramic view of the mountains of Switzerland, thus giving the place a most romantic air.

This Glaciarum, as they termed it, was enclosed, and arbors for partaking of refreshments made in the little shrubbery with which the lake was surrounded. To this resort crowds flocked daily, and the admission, though small, amply repaid the skilful architects. Thus could skating be attained at any period of the year without danger.

On natural lakes, and deep ones too, there will yet be numerous adventurers, and we would remind our readers, that there are certain offices to be performed for the unfortunate who may be so unlucky as to be in the water rather longer than desirable, so I would recommend attention on the following points.

It has been customary with persons, on taking a body from the water, to commence rolling the body very violently on a table or barrel. This is not correct. The body should be placed with the mouth downwards, so as to give exit to the water that has been imbibed to run out; friction then should be resorted to, and spirits rubbed over the body; a bellows should then be employed to create action in the lungs, and the patient well wrapped in blankets, and, if possible, a little brandy and red pepper introduced internally. Attention to these simple rules, and not to give up the friction too soon, will in most cases where the spark has not fled, bring about resuscitation.

PUNCTURED WOUNDS.

Very small wounds are often the cause of death; but as I said before, it depends upon the injury which is done to the nerves, and the state of the system in the person receiving the injury. I remember some years ago, a young lady in Ohio, who had a needle run into her foot accidentally. She was preparing to go to a party, and while crossing her room the needle entered one of her toes. She took no notice of it, and the next day was attacked with tetanus, from which she could not be saved. She died on the ninth day in great agony.

HYDROPHOBIA.

This is a terrible malady, and as yet without any certain remedy. Were I so unfortunate as to get bitten, however much I deplore the wholesale traffic in the knife, I think I should feel more satisfied to have the piece cut out, as the poison appears to be too subtle to trust to other remedies requiring time. There are hundreds of opinions on the subject, and as many different systems of treatment, but we do not find any yet upon which we can in any measure depend. Caustic is usually applied, but it does not seem to stop the virus from infecting the entire system.

There was formerly an idea that the removal of the worm from a dog's tongue, or tail, would prevent his bite from being poisonous were he to go mad, but there have been too many instances where this has been nullified, to place any confidence in the operation.

It is also, in a humane point of view, a pity to see so many faithful creatures shut up in a prison, waiting only for the going down of the sun, to be led forth to an ignominious death. The number of dogs kept in a large city like New York, naturally obliges us to look to our safety, and, if needs be, to sacrifice the whole race so that we do not perish by such a fearful disease.

The symptoms of Hydrophobia are always alike in every patient, especially the spasmodic action on the approach of water. Among the numerous remedies recommended by an *old fogy* in a treatise on this complaint, I find his recommendation, after washing

the wound, to "*fill it with mercury*," at the same time to use "*mercury inwardly and outwardly.*"

On reading these *awful remedies*, one is inclined to ask—where do they bury their dead? No wonder that our city burial-grounds should have grown even with the walls that form their enclosures. Mercury for every thing was the cry in those days, and in ninety-nine cases out of every hundred the wiseacre that ordered it could not show in what way it bore any analogy to the disease it was supposed to cure.

Thank God we live in a New Era, when a *New System* of medicine is offered that cannot injure the constitution; but, on the other hand, when its prescriptions, taken from the herbs which have been given to us by a beneficent Providence, are used in the judicious way in which I offer them, health will be restored, and constitutions built up where, under the old system of mercury, and the lancet, thousands would find a grave.

CHAPTER XXVIII.

Of the Diseases of Women.

GENERAL OBSERVATIONS—A BEAUTIFUL FEMALE—DISTORTED FEMALE—HEALTHY CONFORMATION, &c., &c.

It is universally admitted, that Woman is the nicest object in nature. Man, indeed, however beautiful Eden might have been, no matter how rich the foliage, or what aroma the flowers gave out, or how silvery were the gurgling rivulets that flowed on, or how mossy were their banks, or how bright were the plumage of the feathered tribes that sung out choral anthems from the shady groves; Man, notwithstanding all these, and a thousand other beauties unmentioned, would still have been only in a *wilderness*, without *Her*, who, even to this remote day, is the beautiful companion of his heart, the lovely sharer of his destinies, his *only*

friend in adversity, the mother of his offspring, the comfort of his years, whether in youth, or in age; his joy in prosperity, his solace in trouble, the lover of his virtues, and the rewarder of his heroic actions; in fine, the one only being to gladden his heart, and to urge him on to honorable endeavours in the performance of those achievements necessary to his happiness here, as well as hereafter. This, then, is the being for whom we would gladly spend years, if, by our exertions, we could discover means whereby her life might be lengthened, her joys increased, her happiness insured, her sufferings and trials abated, and her frame assisted through all the contingencies of her being, making her life as easy and as comfortable as possible, while overcoming all that she has by nature to contend with in carrying out the destiny of the human race.

Is it any wonder, then, that man, in all ages of the world, should be found extolling this delightful partner given him by his Maker? thus, do we find her in all ages the theme of the philosopher, the poet, and the sage; thus, do we find the most austere princes, the most renowned prophets, and the severest anchorites, leaving their thrones, their altars, and their caves, and while untouched by the necessities of all other contingencies, at once become the subjects of WOMAN.

Let us look at Woman in another light; let us see her as a lover, and behold the blush of maiden simplicity and modesty that adorns her every action; see her confiding, her trusting, nature, as she yields her devoted heart to the only man she considers worthy of her affections, and the hope that gleams from her eyes, in the belief that her affections are valued and reciprocated. Look at her in her new sphere of wife, and here it is where woman shines out with a lustre, that carries satisfaction, pleasure, and delight, not simply through her own household, but into every sphere with which her actions may possibly come in contact.

"Oh! woman, lovely woman; Nature formed thee to temper man; we had been brutes, but for ye!"

Let us view her in the decline of life, and we shall see the same

solicitude, the same care, and the same untiring devotedness to the aged partner of her well spent life, the same anxiety for the welfare of the children she has reared to maturity, and the everlasting *holy example* she sets the whole circle; at once a climax to that course for which the God of nature had originally destined her.

When we reflect on all this, when we think over the object of such solicitude, her chaste life, her meekness under all dispensations, her joy when fortune smiles, and her devoted intrepidity, braving the avalanche of adversity with piety and resignation, until the storm be past; when all these things are considered, will it be considered any thing but common justice, to say nothing of any nobler feeling, to enlist all our sympathies, all our devotedness, and all our knowledge, to preserve such a being, both mentally and physically, to the latest moment of our lives?

It becomes my province, then, to add a small mite to attain these objects, and it is not without caution, without the highest sense of duty, and without a sacredness which so holy a cause requires, that I commence the subject. It will be necessary, of course, in the research, to speak of all diseases incident to the human frame, and it must not be forgotten, that, in treating of such delicate subjects, that the plainness of expression is not to be construed into indelicacy; it would be wholly impossible to do justice to the case, if it was to be treated of in ambiguous language; this false delicacy would then be worthless as advice, and the whole object entirely frustrated. But I am confident when I write for the women of America, they are too well informed, and too well educated, to require any allusion to the necessities of the case, knowing that it is their welfare that we all have at stake, and that the highest and most honorable motive we can have, is to enable *them* to ward off altogether, or ameliorate in some measure, the diseases to which they are subject, and which it has been our study for years to investigate, thus enabling us to render them that advice and assistance so necessary to their physical formation, and their comfort through life

THE WOMEN OF DIFFERENT COUNTRIES.

Those who have never travelled, imagine, perhaps, that all the women of the world are like those we are in the habit of meeting every day, but they would, indeed, be surprised, were it possible to see the great variety there are in the world; indeed, such a line of demarcation exists among the women of different nations, that it would astonish many amongst us, were it possible to have one of each sort exhibited to view. When we think what different beings is the Lapland woman, who creeps through a hole on all fours into a snow hut to regale off the blubber of a seal, and the belle of New York, sitting before a mirror, in a splendid boudoir, embellished with all the modern luxuries of the times. When we take an African Hottentot, and place her in juxtaposition with a beautiful seignorita of the city of Cadiz; when we contrast a genuine squaw with all her very ungraceful robes, and swinging papoose, with a lovely dark-eyed maiden of Circassia, and then view all these, and numerous other equally opposed varieties, we find, indeed, great difference; still, they are woman, ministering to man, in their own spheres and capacities, and fully deserving of all that man can devise for their comfort and welfare.

It is not so easy a matter to define beauty, as some would imagine; if, when woman was first created, she was the acme of beauty, as we have every proof that she was, why should we feel pleased with a different conformation? surely the figures of the ladies every day promenading in Broadway, are not at all like the human frame, and therefore how vitiated the taste must be, when, in place of constructing the dress so as to fit the frame, the frame must be altered to fit the dress, as if the Creator did not understand the line of beauty better than the children of men, or as much as to say, we have not been made as well and as fashionably as we could have wished, so we will improve our own appearance, brace ourselves up, and alter our frame, so as to make good the deformity we were created in. What impiety! besides, *disease* and *death* are but too often the result.

In various countries, also, various ideas are formed of what

constitutes beauty in women; how curious to observe a Moorish merchant, in turban and toga, laugh ready to split his sides, on viewing a lady from a more western country, in the form of an hour-glass, and moving along with every indication of snapping off in the centre, at the same time the queen of his own harem is simply like a roll of butter, with a nose, eyes, and mouth, carved in the top of it; while, in some countries, people are admired for red hair, and very large feet, two characteristics one of our modern belles would rather not have while figuring in our public promenades.

Thus it will be perceived that beauty after all is relative, if we except that form which infinite wisdom has thought fit to give us, as an earthly house of this tabernacle, that sooner or later must be dissolved.

As a matter of course, the healing art has not stood still, no more than other things, and improvements are daily springing up for the benefit of the human race; old fogyism, in this as well as in everything else, is giving way before the light of increased knowledge; hence the relief for the diseases of women is proportionally augmented, while the antiquated and cruel observances, used in an equally antiquated practice, have also given way to simplicity and truth.

I am sorry, however, to be obliged to admit that there are some accoucheurs who, tickled by the neatness and novelty of new instruments, are too apt to forget that nature, true to herself, would do better were she allowed a little more of her own way; and more time therefore should be given her, not allowing *impatience* on the part of the practitioner for one moment to use an instrument, thereby endangering in place of saving lives.

The reader will here find a delineation of a

BEAUTIFUL FEMALE,

And will do well to compare its outline with those we see every day, so malformed by constant pressure at the waist, as to be satisfied there is too much reason to believe that numbers of females bring on consumption, and other diseases, which carry them to an early grave.

To be so clad as to give full room for the development of the human frame would have been a custom in accordance with common sense, but *fashion*, that bane of society, creates novelties to gratify a morbid taste, and no matter how flagrantly opposed to reason, forces her foolish votaries to pursue the illusion even unto death. It would be a charity indeed, if those who are said to "*lead the ton*," were they to begin a revolution in female dress. How many anxious and devoted parents would have their offspring to bless them in their declining years, in place of erecting a marble monument in the cemetery deploring their early fall.

To the mothers of America I would say: if you could only be as satisfied of these truths as he who addresses you, how soon you would seek a revolution in the matter. Men gain all they prize on earth by peaceable, and firm revolutions. If rulers are arbitrary, if the iron rod of despotism is so wielded as to shut them out from their just rights, public opinion, as a mighty avalanche, comes thundering along like a war horse, and despotism seeks refuge in flight; and if this be the case among men, where are the *women* of our land?—how can they see despotic fashion rear its gigantic head, and prostrate year after year, even unto death, the children which God has given to them, and yet sit listlessly by, content to follow them to early graves, with the idea that they have fallen by the call of Providence, while the means which a wise Governor has placed in the hands of their guardians have not been used for their benefit, and for their lives.

By way of contrast, I give a specimen of

A FASHIONABLE AND DISTORTED LADY,

and how many answering to the description daily walk our thoroughfares; the ribs are drawn out of their proper places, a circumstance that so confines the heart as to impede its operations, and force it against the lungs, these organs have no room then to perform their functions, the valves close, tubercles form, cough, and emaciation set in, and before the fashionable young lady is aware of it, she is far advanced in consumption; the medical attendant is sent for, pronounces the case hopeless, as he was not called in time, and within a period of from seven weeks to two years she drags out a miserable life until death puts a period to existence, while, as is usually the case with consumptive patients, she is planning some excursion of pleasure, or the many dances of some *bal costume*.

As a counterpart to the foregoing, I shall give a small sketch of the

HEALTHY CONFORMATION.

I fancy I hear some lady say, "Good gracious, what a fright!—how could it be possible to dress so, why I should be laughed at were I to appear in public in that way!" Certainly, dear lady, you might, but which is best, to bear the laughter of fools, or the disease that ends in death? besides, if it were only considered fashionable, then you would be more *naturally* fashionable than you are now.

To the philanthropic mind of the physician that happens to walk the saloons of the gay, how truly painful it is to see so many young, so many lovely, so many beautiful specimens of humanity passing along, little dreaming of the disease that is at the time germinating within them; can thoughtful people behold it without a pang? and if there be enough to rouse the sympathy of a stranger, where ought to be the solicitude of the relatives, and the friends? but it is to be hoped, in the multitude of improvements in the present age, this will not be overlooked, and that the day is not far distant when medical men, after being faithful monitors, may live to see humanity *clothed upon with life!*

While on this subject I cannot refrain from saying how gratified I am that others in the profession lift their voices, and join me in

a crusade against these sinful practices, and as a specimen I give the following very cogent remarks taken from an English work. The author says:—

"But we must speak of this sin calmly, for sin it is undoubtedly, wilfully to destroy health, strength, or shorten life. If the foolish practice of tight lacing is begun in early life, the lungs will, of necessity, be much smaller than they would have been had the physical laws of our nature been obeyed; nor is it possible for the body to attain the size, and strength it would have otherwise done. The ill effects would be much more serious, and in most cases prove fatal, but for the temporary release cramped nature receives during sleep, as the chest then is generally left unbound.

"Sometimes the chest is naturally narrow, and the waist small. Those persons we must pity, as we do other defects, and painful deformities; but whether small lungs are natural, or caused by this baneful practice, the effects are nearly the same. It is utterly impossible for a proper sized physical structure to be kept in health, and strength in all its parts, by a small pair of lungs; or if they be of due size, and are tied up for fourteen or sixteen hours in every twenty-four, to conform with fashions made by people, who know so little about the organs of respiration, as to make room for the lungs *outside* the spine.

"Those who are laced tight, find much difficulty in doing anything, that requires more than ordinary effort. Jumping, running up stairs, or a fit of laughing or coughing, produces evident distress in breathing; because, air and blood being admitted in such slow streams into the lungs, any sudden effort requiring an increased quantity, chokes up the vessels, and produces a sudden check in the whole system. Even a strong horse cannot kick or make any great effort, if a trace chain be tied round his chest; because of the pain produced by drawing in sufficient breath for the purpose. How then can a weak, frail creature do anything without breath to do it with? It is physically impossible to do this, and at the same time preserve good health.

"What strange infatuation! Should not death in these cases, as from those in intoxicating drink be called slow suicide."

In concluding this part of the subject, I beseech the mothers of young America to look well to their charge in this affair; go not I beseech you to your graves, with the blood of your offspring on your hands; but by every law that a parent justly is entitled to hold over the young of her own, by persuasion, importunity, example, and precept, banish this dreadful curse from your homes, and you will live to see your progeny healthy, and in their day and generation be living examples, that fashion and its follies could not, dare not, intervene to sever those ties that bind the daughter in honorable allegiance to her kindred; finally, to be a mother herself, and thus faithfully to carry out God's providence, in the multiplication of a healthy race.

OTHER MALFORMATIONS.

Before entering upon the general diseases of women, I wish to say a few words more on the subject of malformations. As the young tree will grow in proportion as it is bent, so will the youth of every age; how much therefore depends on the way youth may be inclined from precept, and example, and how responsible we become for the occurrences of after life, in those of whom in infancy it devolved upon us to train up.

In the care of young females the matter is even of more vital importance; they are to be the mothers of the coming generation, and surely their physical conformation becomes a matter of the greatest moment; how many young women from indolence and other causes destroy themselves; false postures whilst sitting at their work, until their shoulders are rounded, their heads bent forward, and their spines turned completely out of their proper course; in school also how necessary they should be taught true positions, whether in the act of reading, writing, or elocution; how many are allowed to lean in undue postures for hours, or when writing to spread themselves over the paper, and the table, not only in ungraceful, but very hurtful positions; all good teach-

ers will therefore, if true to their trusts, be sure to look to their charge in this essential.

I shall here for the benefit of my readers give a few delineations as specimens, hoping the advice may nôt be without its fruit in due season.

INCORRECT POSTURES IN WRITING.

Here we perceive that the spine is completely thrown out of its true shape, and should the practice be continued, the result must be deformity, and disease; independently of this, the ungraceful posture takes away from the natural grace, that should attend the every action of a well informed, or well educated female.

There is nothing that adds a greater charm to female loveliness than graceful movements or postures, and if females generally knew it, such graces have an effect upon the opposite sex, without which all their good qualities might be marred.

One glance at a female as she enters a room, at once speaks volumes, and when such pleasing qualities can be obtained at such a trifling cost, it is to say the least of it, foolish to be satisfied with those forms and usages which from their evidence of vulgarity become so unprepossessing.

As a counter part, I annex the figure of a female sitting in a proper position at a table, by which it will be perceived that the spine assumes its proper shape, the shoulders are not bent down, and the form is free from any constrained position. In writing, care ought to be taken to have the paper so situated, as not to require the form to bend down, thus the shoulders will not be rounded, and the chest not contracted, a matter of the utmost importance to health

PROPER SITTING POSITION.

It is very often made an excuse, by those who do not appreciate beauty in all its ramifications, that people had better be attending to the *useful*, and not mind the *ornamental*; in this case the advice does not apply, for while possessing the ornamental, the useful will follow; unless it be taken for granted that the *preservation of health* is not among the utilities of the day. In America, however, it is not for one moment to be thought, but that people will be always glad to blend where practicable, the ornamental and useful together; indeed it would be absurd to think other-

wise, where education is so universal, and I feel satisfied no young lady would wish, by her male companions to be thought the acme of vulgarity, nor is it the least derogatory, while *not neglecting* the useful to have it said that

" Grace was in her step, heaven in her eye, in all her actions dignity and love."

In reading or elocution, the same may be said as in writing; how many females from an indolent habit while reading, sit in a posture both unbecoming and hurtful to health; it may not appear for a while, but they may be assured such a habit will grow upon them, and sooner or later they will be sorry for it. I have given the annexed figure to bear out these representations.

IMPROPER SITTING POSITION.

Having now given a few general observations I shall proceed to investigate the nature of those diseases which, judicious advice, and treatment under the *New System* will conduce towards a

healthy state of the constitution, thereby bringing health, and consequently happiness to the females of our age, and generation.

OF THE MENSES.

Nothing is more necessary to the health of women than the regularity of the courses, a circumstance depending more or less upon the climate, and the constitutional strength, or debility of individual; in cold climates the discharge is much later in life in making its appearance, and on the contrary in warm countries, or those situated in the torrid zone, it comes on much sooner. Women like plants or fruit grow to maturity much sooner in Southern countries, while the reverse is the case as we approach the poles; for example, in the south of Spain, in the province of Andalusia, women are in their prime at thirteen, and at thirty show evident symptoms of decay. On the Almaida at Cadiz, one is surprised to see some of the most beautiful Castilians in all the fulness of womanhood, and yet but fourteen, or at most perhaps fifteen years of age; again, I have seen women of thirty in the same province, quite wrinkled and *passe*. Northern climates such as Norway, Russia and such, on the contrary, the women scarcely reach maturity until twenty-five or thirty, and do not degenerate before fifty. It has been asserted by travellers that in southern climates, so brief is the time that a woman retains her charms, that it favours Mahomedan ideas in the plurality of wives; but, this I am not prepared to think, as the followers of the Prophet would not be satisfied with one wife, no matter in what latitude she might have had her origin.

When on the coast of Barbary some years ago, I stopped at the house of a Moorish merchant. Hamet was a tall brawny Arab, about half civilized, but like all his race, hospitable in the extreme to strangers; he had four wives, three white ones, and a black, and had children by them all; I asked him did they never quarrel through jealousy, at which he was quite indignant; each lady and her offspring inhabited separate apartments in the domi-

cile, appeared quite happy, and from the looseness of their attire gave their forms so much play that what with a lovely climate, they never complained of sickness. The worthy Arab shared his love in equal portions with the four women by spending a day alternately in the dwelling of each, which he significantly informed me of in broken English "one day one wife, four days four wives."

Here also the females arrived quite early at maturity, and as suddenly decayed.

Returning however to our subject; when the proper period for the discharge comes on, a very little maternal attention will be requisite to discover the symptoms which consist generally of great restlessness, fever, headache, pain in the back, swelled breasts, &c., &c; the appetite becomes very delicate, the limbs become weak, the face pale, and a dark shade very perceptible under the eyes. When these symptoms arise all we can do is to assist nature in her operations, and great care should be taken that the patient should not get cold, by wet feet, or exposure to the night air; exercise at the same time should be resorted to, such as will assist circulation, and the mind be kept in a cheerful state, so as to banish everything that might possibly depress the spirits, as a melancholy temperament, or unpleasant apprehensions might have a very powerful effect in preventing nature from accomplishing her purpose; thus, the discharges though small in the commencement will, in the healthy frame always occur at stated periods afterwards.

In a state of pregnancy, women do not have these discharges, but when first it makes its appearance, and when it ceases, are two very important eras in woman's life, as they so bear upon the health, if not occurring strictly in accordance with nature.

Doctor Hollick in his admirable work entitled "The Marriage Guide," in reference to the expulsion of the egg, which is the real cause of the menses, says:

"The ripening and expulsion of the egg is effected by a real *inflammation*, similar to what is seen when a splinter of wood, for instance, is expelled from the flesh by the process of festering, and it is this periodical inflammation that causes the sympathetic irri-

tation above described. The inflammation is slight at the beginning of the month, but gradually increases to the end, when the ovaries are found to be highly congested, and the blood vessels in them, and the uterus, are much engorged. About the time when the egg is expelled from the vesicle the inflammation reaches its height, and to relieve it, the vessels pour out a quantity of blood and mucus, in the same way that a discharge occurs after inflammation in other parts. This is the true cause of the menstrual flow. It is a consequence of the action of the ovaries, and is only seen in those who possess these organs perfect. Females who have no ovaries, or in whom they are torpid, never menstruate.'

Again the doctor very justly remarks—

"In former times menstruation was attributed to the *influence* of the moon, and it was thought that it only took place when she was at the full, but this is well known not to be the case; there are probably females menstruating every hour of every day in the year. It is true the usual period between the cessation of one discharge, and the beginning of another is generally equal to the time of the moon's revolution around the earth, being twenty-eight days, but they do not otherwise correspond. Indeed in some there are not more than two or three weeks between, while in others there are five or six, or even more, and yet this may be to *them* perfectly natural and proper. The real cause of menstruation is the ripening and expulsion of the egg, and of course it occurs whenever an egg is developed, whether that be frequently or rarely. It was found from observation that, in *one hundred females*, sixty-eight menstruated every twenty-eight days; twenty-eight every three weeks, and one every second week; while ten were irregular."

What I would now instil into the minds of the mothers of families is, that too much attention cannot be paid to the young females under their charge just previous to, and at the time this period occurs; generally speaking they are ignorant of the natural change about taking place in their physical conformation, and

therefore imagine that something unnatural, and perhaps destructive of life has set in.

As soon as menstruation has set in, the form appears at once to mould itself into beauty, and womanly loveliness; the face even assumes quite a different aspect, and the manners hitherto girlish, are at once shaken off, as if instinctively woman became then, for the first time, aware of the real part she had to perform in her day and generation. What can be more lovely to contemplate than female beauty under the impression of womanhood, a mind correspondently enlarging, and a condition in which, being proud herself, she becomes the idol of the other sex.

IMPREGNATION.

The first intimations a woman has that she is *enceinte*, and that are not likely to be mistaken, are sickness and vomiting in the morning, heart-burn, soreness of the stomach, loss of appetite, and a disrelish for food generally, craving for things that form no part of the usual food of a household, such as chalk, and other things, and a stoppage of the menses; the pulse also becomes quicker than usual, while there is often a dizziness of the head, and, in nine cases out of ten, a woman under such circumstances improves in good looks. To be sure in the early part of pregnancy it is not easy to decide, but ere long those symptoms already mentioned will develope themselves, leaving the matter simply one of fact.

Of late years the old theory of impregnation has been set aside, and the new one, founded on analogy from experiments on the inferior animals, has come to light; we are now, therefore, in possession of the real method by which it actually takes place. It appears that the propagation of the human species is similar, only in a higher degree, to that of other animals, and I cannot (before saying anything further myself) do better than quote from Doctor Hollick, who has indefatigably traced the matter to the fountain-head. The doctor says—

"The old theory of impregnation was, that the semen was absorbed, or sucked up into the womb, and along the fallopian tubes

till it reached the ovary, when it impregnated one of the eggs, and so stimulated it to commence developing. It was then supposed that this impregnated egg, after a time, separated from the ovary and passed down the tube into the womb, where it formed into the fœtus. The facts just mentioned, however, show the fallacy of this theory, even if the correct process had not been given before, but still it has been received so long, and has become so *orthodox*, that many celebrated men hesitate to reject it even now."

The "*facts just mentioned*," in the foregoing paragraph, are meant by the doctor (who is a profound thinker, as well as reasoner,) to allude to the following argument, founded on the third law of Pouchet. The doctor continues—(and it would be well to attend to the reasoning)—

"The third law says that the semen cannot reach the eggs, to impregnate them while they remain in the vesicles of the ovary, and a slight consideration of the numerous obstacles interposed will show that this must be so. In the first place the fallopian tubes, and the cilia which line their interior, as before explained, are such that nothing can pass *towards* the ovary from the womb, but only in the other direction. And, besides this, while the egg is in the vesicle it is surrounded by a number of different membranes, either of which would present an impassable barrier to the semen, even if it could reach the exterior of the ovary. But there is still another obstacle if these were overcome, as if nature had taken especial care that no such event should take place. The interior of the tubes is compactly filled with a thick mucus, in which the cilia work, and through which the semen could not possibly force its way."

That the doctor's reasoning is complete there can now be little doubt, and a great problem on the principles as laid down by Pouchet demonstrated I think beyond cavil.

That the zoospermes are the embryo of humanity there can be little doubt.

When we reflect upon the grandeur of the scheme thus employed for the multiplication of the human race, when we behold the mag-

nificance of man's puny efforts, in comparison with such wonderful wisdom, it seems indeed astonishing that even one human being exists who could persuade himself that omnipotence does not reign.

"The fool hath said in his heart there is no God."

And the word fool hardly defines the condition of such arrogance; but what is above the presumption of the wicked heart? indeed it has not been left to our generation to find a man hardy enough to argue with the Almighty; but how soon is the presumption set at naught, were it but by one question?

"Who can pull out Leviathan with a hook?"

Our object, and our writing, however, are not designed for fools, let *them* remain until they are punished in their folly; our province is with the thoughtful, the sincere, the lovers of truth, the moral, and the religious of the land; for them we have struggled to arrive at the truth of all matters, and for them we publish it, so that we may, if possible, be deemed in some small measure philanthropists, and being so give our advice freely in order to lessen the evils, as well as increase the joys of our fellow-travelers while journeying to another and a better world.

CHAPTER XXIX.

Diseases During Pregnancy.

GENERAL OBSERVATIONS—CHOLIC—SICKNESS OF THE STOMACH—DROWSINESS—CRAMP—HEART-BURN—WANT OF SLEEP—SWELLED LEGS—FALSE PAINS—FLOODING, &c., &c.

There is no time when women should be taken care of more than during pregnancy; it is beyond cavil that the mental faculties are very highly engaged at this period, and unfortunately there have been but too many cases where fright, or mental anguish, has had such an effect upon the female mind in these conditions, as to act

upon the fœtus, and in many instances bring a *lusus naturæ* into the world.

Every one is acquainted with the pig-faced lady of the city of Dublin, whose tomb is in one of the principal burial grounds of the city, and whose charitable bequest in the shape of a refuge for the sick, under the title of Madam Stephens's Hospital, exists as a *memento mori* of her extraordinary case; she was as fine a model of a woman as could be found, from the neck to the feet, but with a perfect pig's head; fed out of a trough made of silver, was educated, and could read and write well. This *lusus* was of course caused by a fright, and it is the recurrence of such cases that makes it imperative that females in a certain interesting condition, should be particularly on their guard.

It is equally noticeable, that the appetite becomes considerably depraved, and that longings occur for particular kinds of food, while every now and again some caprice, or sympathy will be evident, and the mind, and the passions involved in some novelty; all of which may be simply set down as contingencies of the state we are speaking of. It therefore becomes necessary for the female herself, as well as those habitually about her, not to be ignorant of such matters; thus will they be guided in such a way, that nothing will probably be allowed to occur, by which a wrong turn may occur to her who is fulfilling the highest destiny to which a human being can be called.

I am aware that considerable difference of opinion exists on this subject, nor do I wish to instil into people's minds that *every thing* women long for in pregnancy if denied them will for certain be for evil; neither would I entertain the idea that all the marks which are found on children after birth are to be attributed to some fright, or accidental cause; still I am satisfied that such things do occur some times, and it is just as well to avoid them as not, where possible by a little attention to do so. That I might not appear too self-opinionated, I shall give some remarks from Doctor Hollick's work on the same subject. The doctor says—

"It is still a question, however, whether the imagination of the

mother can affect the child *before birth*, and if so in what way, and to what extent? The popular belief in its influence this way is well known to be very strong, and probably it has some foundation, though there is no question but this belief is carried too far. The well known case in the Bible, in which Jacob caused his father-in-law's animals to bring forth striped young, by placing peeled wands before the mothers, shows that this notion was entertained long ago, and the wonderful *marks* attributed to *longings* which we see every day shows that it still exists."

Farther on the doctor says—

"The fear that many people have of causing these marks is quite amusing, and has sometimes been acted upon for particular purposes. Thus I saw sometime ago, in a medical work, an account of a lady in England who induced her husband to buy a carriage and horses, which she longed for, by assuring him that if he did not do, so the child with which she was pregnant would be *marked with them.*

"In no case does the mother *before the birth* announce what kind of a mark the child will be born with, and yet if she knew about the longing that caused it, she ought to be able to do so. It is always *after the mark is seen*, that its resemblance is sought for, and then of course *something* can be thought of, that may at least be *supposed* to be like it."

As I said before, I do not believe in every instance where longings and accidents arise, that therefore of necessity the child must be marked, but I have every belief, and I think sufficient to maintain it, that in many cases such is the fact.

The case of Madam Stephens, already mentioned, is one undoubted example, and as to the doctor's statement, that it is only *after* the mark *is seen*, that a resemblance is sought for, is not, in my humble opinion, quite correct.

The following instance is one that came under my own knowledge:

One of the most lovely women I ever knew was *enceinte*, when, in getting into her carriage one day, the servant closed the door

upon her wrist; the shock at the time startled her, and on returning from the drive, and entering the drawing-room, she said I regret that Thomas should have shut the carriage door on my hand; Doctor, said she, I fear my child will be born without the right hand; her words came true, and the child when born had but the left hand, the other arm exhibiting the stump exactly from the place where the lady in question had received the contusion from the door.

CHOLIC.

This will be found a very prevailing item in the casual sickness of the female during impregnation, if a confined or constipated state of the bowels is allowed to exist; great caution should therefore be used in diet, so as to avoid the continual action of medicines. There are two essentials that never should be forgotten here, namely, to keep the bowels regular, and to take moderate exercise whenever possible; these precautions will prove of the greatest possible advantage, in ensuring an easy delivery.

SICKNESS OF THE STOMACH.

This is a common attendant on pregnancy, and requires but little observation, it rarely occurs to that extent which could cause alarm; its period of duration is until that of quickening; after this period, the female enjoys (generally speaking) better health, and looks better than she did previously.

DROWSINESS.

The inclination to sleep in a state of pregnancy is sometimes considerable, and the accompanying pain in the head, is apt to arise from the blood vessels being too full; a plethoric constitutional habit must be avoided by temperance and exercise, and if necessary slight cooling medicines.

CRAMP.

This is also an attendant on the same state, and does not generally exhibit itself until about the fourth month after pregnancy.

It generally comes on at night in the legs; some women do not suffer with cramps, but mostly those who previously were habituated to them.

HEART BURNS.

This is a sure attendant on pregnancy, and the desire which women very often show for eating chalk at this time, appears as if dictated by nature; magnesia is a simple remedy, and always effective on such occasions.

SWELLED LEGS.

This usual attendant causes females who are uninformed, to think something very wrong is occurring in their frames, when it makes its appearance. No female however need be under any apprehension on this point, as it is simply the weight of the womb that presses on the vessels, which return the fluids from the lower parts of the body. The farther advanced in pregnancy the severer may be the cramps, but invariably go off by rest.

FALSE PAINS.

Such pains often arise, and it is necessary that care must be taken not to mistake them for the real pains of labor; they are generally caused by deranged state of the system, or perhaps from excessive fatigue, sudden exposure to cold, violent bowel attacks, or acrid food, indigestion, &c.

The greatest care should now be adopted for fear of a miscarriage, and the true cause of the pains discovered, and removed. The skilful nurse will easily perceive the difference between these, and the natural pains of labor, the period of pregnancy assisting her in forming a just diagnosis. If assistance should be requisite, no time should be lost in obtaining it.

FLOODING.

This is a disease incidental to the state under examination, and as it is sometimes from accident or other causes rendered dangerous, no time should be lost in obtaining medical assistance.

I shall quote here from a respectable authority a few remarks quite pertinent to the subject, as I wish other persons to be heard when their views appear orthodox on any particular point.

"It is a case in which merely common skill and experience will seldom answer, because it is frequently attended with abortion, and often with the loss of life. Flooding is usually produced by a sudden fall, by over exertion, by fright and alarm, and not unfrequently by the gloomy and depressing passions of the mind. It is also produced by weakness of the womb, originating miscarriages, or other injuries derived from severe labor or child-birth. It also arises from the after-birth separating from the womb, and the large blood vessels entering into it, discharging their contents through the mouth of the womb."

"No discharges of blood ever take place from the womb in a natural and sound state of pregnancy; the idea of regular discharges in pregnancy is entirely erroneous; and whenever they do take place, they always prove to the man of skill and judgment, that there is something wrong. They always either proceed from the passage to, or from the womb itself. When they merely come from the passage to the womb, they are seldom, if ever, attended with danger; but when they proceed from the womb itself, there is considerable danger that disagreeable consequences may be the result."

"When but little blood comes away, from much walking or riding, or from standing in an upright posture, and there is only a trifling pain in the lower part, attended with no symptoms of fever, and no increased inflammatory action of the blood vessels, the blood may always be presumed to come from the passage to the womb. This can always be removed, and that very easily, by lying a short time in a recumbent or horizontal position."

PERIODICAL PROGRESS OF THE FŒTUS.

It is no less true than extraordinary that the whole human race have for thousands of years been coming into, and going out of the world; and that only within the past few years, has there been

any real light thrown upon the true method of impregnation, or the periodical changes in the fœtus, during the nine months it is a tenant of the womb. This matter now however, by great research has in a considerable degree been brought to light, and although in a popular treatise like the present, it would not do to go into a minute examination of the mysteries connected with the female ovum, and the male animalcule, still there are points of practical value to mention; not only to the female community themselves as mothers, but also to those whose province it may be to attend upon such, during the period of pregnancy. There is no meed of praise sufficient to be bestowed upon scientific men; who, when for years advocating a peculiar system, on finding out from increased knowledge, and increased scientific research, that they have been in the wrong path, honestly admit the fact, and have no hesitation in rejecting the old, no matter how orthodox it may have been, and taking up at once with the *New System*; where such of course bears the strict scrutiny of truthful investigation. To such men I say we are indebted as the true philanthropists of the age; and I make no doubt, there is an era upon us when all the old erroneous systems will fly before the light of truth and science, like chaff before the wind.

In the branch of medical jurisprudence we are now treating of, the most wonderful revolutions are occurring, and I make no doubt but within the next twenty years, more will be known of the great plan of man's existence, than has been revealed within the last five thousand years.

Among those whose labors deserve encomium may be reckoned Doctor Hollick, who, in his marriage guide has so successfully laid bare some of the old and erroneous doctrines, and at the same time given such satisfactory delineations of the new ones, that, on approaching the subject myself, although I confess to hold the same view, I think I shall be doing more justice in this one instance to the reader, to give the following narrative of the fœtus during the nine months of its incarceration, in the Doctor's own words.

The unaffected honesty of purpose which Doctor Hollick shows,

even by resigning some of his own previous opinions, entitles him to the confidence of every one. He says—

"At the *twelfth* day we first begin to see the new organization and its envelopes with the naked eye. The whole is about the size of a large pea, and the remains of the vitellus, or yellow, can be readily seen. It is surrounded by two membraneous coverings, the outer one called the *chorion*, and the inner one the *amnion*. Between these is a gelatinous substance, and within the *amnion* is a fluid, called the liquor amnii. The two membranes, the liquor amnii, and the enclosed ovum, are called the ovulum. Immediately after conception the uterus also commences to secrete, from its inner walls, a considerable addition to the *decidua*. This lines the whole cavity, so that when the ovum first passes out of the tube it is met by this lining, which seems to prevent its entrance into the womb. The ovum, however, presses upon it and so makes a depression, like a nest, in which it lies. This prevents its moving about, or falling to the bottom of the womb.

"The weight of the entire ovum is about one grain. The embryo commences in the germ, and may now be seen about the size of a pin's point. The vitellus removes away from it, but remains connected by a small pedicle or threadlike tube, down which it is gradually absorbed as nutriment. A small white thread, scarcely perceptible, may be seen sometimes as early as this period, being the commencement of the brain and spinal marrow. The mouth is visible also from the twelfth to the twentieth day, and frequently the eyes. These are placed at first on one side of the head, like those of quadrupeds, and move round to the front afterwards.

"At *twenty-five days*, the embryo is about the size of a large ant, which it also resembles in form. It begins to have a little more consistence, and the future bones begin to resemble cartilage or gristle. A small groove may be seen, denoting the neck, which thus indicates the separation of the head from the trunk. The weight is three or four grains.

"The *first month*, it is about the size of a bee, and is somewhat like a worm bent together; the arms may be seen like two little

warts; they are first formed under the skin, and shoot out like buds, growing straight from the body; afterwards they become folded together, in a curious manner, upon the breast. The head is as large as the rest of the body, and upon it we can now see distinctly the eyes, like two black dots, the mouth like a line, and also the nose. The lower extremity is lengthened out like a tail. Weight about ten grains.

The second month.—Every part has now become much more developed, and the general form is that of the human being. The superior members are much more elongated, and the inferior ones begin to be distinguished, forming in the same manner as the others. The fingers are united together by a membrane like the web on a frog's foot. The weight is about one drachm, and the length one inch.

"At *about seventy days* the eye-lids are visible, the nose becomes prominent, the mouth enlarges, and the external ear may be seen. The neck is well defined. The brain soft and pulpy, and the heart is perfectly developed.

" *Three months.*—All the essential parts are well defined, the eye-lids distinct but firmly closed. The lips perfect but drawn lightly together. The heart beats forcibly, and in the larger vessels red blood is seen. The fingers and toes are defined, and the muscles begin to be apparent. The organs of generation are remarkably prominent. It now weighs about two ounces and a half, and measures four or five inches in length.

" *Four months.*—The development is remarkably increased. The brain and spinal marrow becomes firmer, the muscles distinct, and a little cellular tissue is formed. The bones are ossified in a great part of their extent.

" The uterus now is so large that it can no longer remain in the lower part of the pelvis, but is compelled to rise up into the abdomen for more room. This change of position is improperly called *quickening.*

" *Five months.*—Every part is considerably increased in size.

The lungs enlarge. The length is now eight or ten inches, and the weight fifteen or sixteen ounces.

"*Six months.*—The nails are marked. The head becomes downy. A little fat is formed. Length twelve inches, weight from one and a half to two pounds.

"*Seventh month.*—The whole being has rapidly progressed. The nails are formed, the hair is perfect. The bones are tolerably firm. Length fourteen inches, weight about three pounds.

"The two remaining months are merely devoted to further increase in size, and weight.

"*Nine months.*—Every function has become active. The skin becomes colored, and perspiration occurs. There are no indications of the intellectual functions, but the animal functions are remarkably active, particularly that of *taste*, which no doubt leads to the act of sucking, from the natural desire for its gratification. The child can now experience all the ordinary sensations of pain, hunger, heat, and cold, and is capable of preserving independent existence if brought into the world."

I am sorry want of space obliges me to cut short Doctor Hollick's able essay.

Who can now find words to express his wonder at the consummate skill, the amazing benevolence, and the love, which the mysterious account we have just read elucidates, and how small is man, and all his boasted genius, and inventions, when the best of his works is placed in competition with what still passes all the combined capacity of mankind. Where, let us ask, is the being, however proud before, that can resist putting his hand over his mouth after saying with Job—

"Behold I am vile!"

The most adoration we can pay to the great mysterious power that has thus contrived us, is to contemplate in silence, how we shall best act so as to fulfil the intentions of our being in satisfaction (to the best of our abilities) to his wish and to his laws, waiting for the time when those things which yet pass our finite capacity, will be unfolded to us in a higher and a happier intelligence.

CHAPTER XXX.

The Effects of Imagination on the Sexes.

In every relation between the sexes the imagination or mind, cannot be separated from the physical conformation. How wonderful is this contrivance; were the acme of beauty a certain fixed fact, and from which there could be no dissenting, no more than from a mathematical axiom, what a dreadful state of things would exist; there would then be some one angelic female that happened to be up to the standard, sought for by all male creation; besides, what a rush there would be for the *only* handsome pattern of a nice new frock! or the *only* shawl in the world, and so on; but on the other hand where there is an infinite number of tastes, and an infinite number of varieties to select from, then every one can be suited; some prefer black eyes, some hazel, some blue; others prefer auburn hair, others black, or brown ringlets; in fact it is certain that in this particular as every eye forms its own beauty, and as there are full and plenty of varieties, how delightfully balanced these matters are.

How often do we see in married life the apparently oddest mixture, and how often have we heard a frolicksome girl say, dear me, how could such a nice woman ever think of marrying that plain old fellow; while again, some young man who joined a widow lady of some ten years his senior, has become the amazement of the public; and so it goes on, indeed, so common is this that one would imagine there were but a single set of ideas in the world.

It would be well for those who speak and think so heedlessly if they would begin to learn a little of human nature; it is the greatest knowledge in the world; it would be well for them to find out that it is neither youth or good looks *separately*, that cause nineteen-twentieths of the marriages in the world; it would be a

poor look out were it so, and I feel confident that half the unhappy marriages (early ones too) in the world, arise from a combination of good looking ignorant people, where there is no mind, where novelty and good looks have been the only criterion, and when these by familiarity have worn away, then the most marked disgust and estrangement follow.

On the other hand we see many cases where the matrimonial life is one of perfect enjoyment; when we see a *man* of sense, a man of mind, a man of discrimination, a man of education, a man of refinement, of sensibility, a lover of goodness in the opposite sex, of pleasing manner, and withal one who on entering into those holy bonds, perfectly understanding that perfection is an attribute that belongs not to human kind; when we see a man like this, with the woman of his choice, be sure you will find the female one of worth, one of manners, one of taste, of judgment, agreeable, skilful, domestic, accomplished, and a companion in every respect for him. While she, in place of looking for solicitude, for care, devotedness, and the manly principles of experience, in the volatile inexperienced boy, has found one who understands her worth, her domestic habits, her congenial way, enchanting manners and qualifications, and thus reciprocal approval warms into an affection wholly unknown to the thoughtless, the inexperienced, the good looking perhaps, and the ignorant.

Imagination cannot be separated as I said before from these connections, and there is where the misery follows; when this imagination is not guided by experience, education, knowledge, and all the refined and manly qualities of our nature, it has nothing to make a choice by, but what after a few fleeting years, perhaps months, make the same man wish he had never entered the bonds of wedlock at all.

We have a vivid example in the case, when Desdemona declares in reply to the astonishment people were in, that she so loved the Moor. She answered with indignation that she loved him for the dangers he had passed.

We have plenty of modern examples also. The late Thomas Moore, the Irish poet, was a very diminutive man in appearance,

and by no means personally favoured; yet it was notorious that no man had more lovers, ladies who had never seen him declared and owned their passion for him. His writing, and manners captivated hundreds, and finally he married a beautiful woman.

There are very few persons indeed, either male or female, that possess both the charms of mind, and of body to the fullest extent individually, and it seems as if this was a kind provision of nature; humanity is so addicted to pride, that were such persons very numerous, they would become an intolerable nuisance to the rest of creation; it is wisdom therefore, that like the peacock they should have some deficiency in order that they should be always reminded, that still they are but mutable, and earthly beings.

Imagination acts in other ways detrimental to matrimonial felicity when used as a criterion; every one is conversant with the fact that members of both sexes are not to be taken by the beauty of their exteriors, as we see them every day; how many deformities lie concealed under the cleverly disguised habiliment; where rotundity is required artifice has lent her handy work, and if the fair one should be unfashionably *en bon point* a similar ability on the part of the French milliner makes the dear one come out like La Sylpide; truly it may be said though

"Imagination lends enchantment to the view,"

it becomes quite another thing when such matters are tested as tangible realities, and how many having been thus deceived engender a hatred for the opposite sex, that lingers with them through their lives.

If, indeed, we could always view our *partners for life* at such a respectable distance as to be able to supply imagination by artifice, then it would answer, but alas! the fanciful creations of romance one day or other have to submit to the searching scrutiny of the common place realities of humanity; and, the disclosures which then occur, rob imagination of its prize, and the human being, whether male or female, crest-fallen, finds relief only in hatred of the object their vivid conceptions, like the mirage, had led them so eagerly after, but in vain.

Among all honorable persons, where any bodily defect may be, it is nothing but honesty to disclose, in as delicate a way as possible, those matters, the denouement of which in after life might lead to the most distressing circumstances.

As to forced marriages, I shall make no allusion beyond hoping that in our day and generation, no such parents exist as would compel a lovely girl to unite her destiny with one, whom her heart tells her never can have a place in her affections. I hope there are no such persons living.

Doctor Hollick, on the subject I have just been discussing, says—

"Between the two sexes there is a wide difference as to the manner in which the imagination acts, owing to the difference in their characters and organization. In the young woman there are two powerful sentiments which oppose each other, and which, by their antagonism, originate those caprices and eccentricities which are so captivating, at the same time that they are so tantalizing. In the first place she naturally desires to *please*, and all her arts and actions towards the other sex have this object in view. It is essential to her happiness, to her very existence even, that she should endeavor to be liked, or loved, and no misery is so great to her as the consciousness that her endeavors are in vain. The being that has not this desire of pleasing is not a *woman* in character, though she may be a female in organization. In the second place there is an innate sentiment in woman of *modesty* or *shame*, which controls her desire to please, and prevents her from exhibiting that desire in the way she would wish to do. These two sentiments are, therefore, continually struggling for the mastery, and their alternate and intermixed manifestations produce that bewildering, but universally adored mystery, the *female character*. Sometimes one of these sentiments predominates, and sometimes the other, and this gives us a key to all the apparent vagaries which this peculiar character presents. When shame preponderates we have prudery, when the desire to please preponderates we have forwardness or coquetry, and when both are properly active we have that affable,

engaging demeanor, corrected by true modesty, which makes woman truly entitled to the name of *angel*, and commands reverence, even when it does not awaken love."

I know of nothing so beautiful, among all the charms of a social and family circle, than a young woman as just described; indeed there is a charm in the association of females of the kind that no language will portray, and if young men, in place of frequenting those resorts of their own sex where anything but improvement may be acquired, were to make it a practice to seek the society of learned and chaste females, their views, their sentiments, and their lives would be a blessing to themselves and to others; but, alas! how altered is the case otherwise; how soon the intellectual and the noble will discover, on a few moments' acquaintance with some of the youth of our day, where their education has received its bias, whether, by the loose and slang expressions they use, they have been herding with the profane and the ignorant, or, from their quiet, gentlemanly, and polite demeanor, they have been instructed at the waters of refinement, by associating with the gentle, the lovely, and the chaste of the softer sex.

THE PREVENTION OF CONCEPTION.

It would not suit the purpose of a popular work like the present to go into the minutiæ of this very delicate subject; it has been treated of also by so many, and, as yet, no marked decision on the case has ever emanated from the public. The question, therefore, is an open one yet; some reason that it is altogether, and entirely wrong to turn nature out of its legitimate channel, no matter what the necessity may be, while others contend its perfect lawfulness, inasmuch as that it is no argument because a woman, from malformation, disease, or constitutional debility, cannot, with safety to her life, have children, that therefore she is not to enjoy the relationship existing between man and wife. This, in point of fact, is the amount of both sides of the question. For my own part I do not see the utility of arguing the matter at all, because people have come to the knowledge of all that can be known on

the subject, and ninety-nine out of every hundred will not be deprived of their marital rights; if, therefore, the thing exists is it not better to point out the danger arising from the foolish and absurd practices, which are used in hopes of preventing impregnation, and pointing out the *only safe method*, than to say nothing at all on the subject, and by which people may save their lives.

This case is something like the permission which the law by its silence gives to establishments whose repute is questionable. In France it was found that to exterminate such places was a matter wholly beyond and above law, and then reasoned that as the evil *must* exist, it were better it should do so with the sanction and under the surveillance of the police, by which it was argued that lives and property were saved. On the other hand, the people of London repudiated such a course, because they said such a system declared vice to be sanctioned by law. This question, no more than the one we are attempting to elucidate, has as yet been decided upon.

We must not forget, however, that if pregnancy could (and it can) be prevented without injury, surely it would be a much less evil than the practice of abortion; how many frail women have fallen under the hand of this executioner, and how many run the risk still, although they have time and again been warned of its consequences.

I shall not, by any means, attempt to decide the question; I am certainly in possession of the way pregnancy can be effectually avoided without the shadow of danger, *and there is but one way.**

* All letters addressed to DR. HUTCHINGS, on this subject must enclose $5, on the receipt of which, the desired information etc., will be forwarded to any address, by mail, postage free.

CHAPTER XXXI.

The Power of Food and Drink on the Impregnating Principle.

It is a well known fact that what people eat and drink have a very great sway over the impregnating influence, and it has become quite a common circumstance for the London nobility whose lives are so enervated from high living, and late hours, to "leave the gay and festive scene" childless, and often spending a few months in a cottage on the west coast of Ireland, and never tasting anything but *fish and potatoes*, keeping regular hours at the same time, they would return, the lady in that interesting way that all ladies "wish to be who love their lords."

There is no doubt as the great poet Byron said, that fish is amatory food, nor can there be any doubt, that gastronomy has a great deal to do in such cases. There are no people on the globe more prolific than the poor inhabitants of Ireland, hardly a family but ranges from six to sixteen children, and the explanation is easy; simple diet fish and esculents, and a moderate climate. On the other hand, if you traverse the entire continent of Spain, scarcely any family will number more than three children, the consequence of this being that the continent is thinly inhabited, the whole of Spain having but about twelve millions of inhabitants.

When the general system is in good health, when the mind is easy, when the climate is not too much in the extremes, when early rising and early lying down, are followed, when the food is plain, mucilaginous as it is in the case of fish, then may be looked for the fulfilment of the order to "replenish the earth."

On the other hand when the constitution is racked by what is called fashionable dressing, late parties, visits to theatres, balls and suppers, nervous headaches in the morning, no appetite, light breakfast at noon, and all such irregularities; is it any wonder

there should be so few mothers; and when children are given to such people, can we wonder, they are weakly; degenerate and consumptive.

It was not such lives the fathers of the revolution led, if it had, perhaps the stars and stripes that now *wave over the places of entertainment* that seduce people to lose their health, might never have been unfurled to the breeze.

I was once acquainted with a quaker, a very small man, who had an equally small wife; they had been married for some years but had no offspring, and nothing could equal the desire they had to hand down a young one to posterity, but alas! year after year rolled on, and still no sign that any fulfilment of their wishes should arrive. No doctor within any reasonable distance was left untried for advice, but all to no purpose; at length some wag told the gentleman that he could inform him how the matter could be managed, which was a sure thing; the quaker listened attentively, promising faithfully to perform everything in the order related; the nostrum was nothing more than a simple salt water bath exactly as the sun rose out of the sea every morning, but that the bath was not to be taken alone; on the contrary, the lady was to accompany him, when they were to take hands, and walk into the water together, with their faces uncovered and exposed to the rising sun, when on seeing the orb of day they were to dip three times, then kiss each other and return to their sleeping apartment, where coffee, toast, and eggs were to be in waiting for them. The next morning the wag and his companions secreted themselves behind some rocks just opposite the little beach where the play was to come off; accordingly just before sunrise the two little *friends* advanced in their bathing dresses, and taking hands walked out about waist deep, their faces fully exposed to the glare of day, and eagerly watched the lazy sun; as soon as the upper limb of old Sol left his watery bed, down the two went three times successively, and the little man taking his dearly beloved around the neck almost smothered the little woman with kisses. Just at this moment a most tremendous shout of exultation burst from the audience, which was reverberated in echoes along the rocky

shore, when for the first time the little quakers found they had been the dupes of a parcel of artful scamps.

From that day forth no one ever heard more from the little quaker on the subject of his family misfortunes.

Perhaps I cannot do better than give a few of those substances which are supposed, if lived on, will increase the chances of an increase of family.

Shell fish, and all kinds of the best fresh meat; in the vegetable line may be ranked asparagus, parsnips, onions and celery; the potatoe and cauliflower; of herbs, mint, penny-royal, and sage, espepecially when mixed with potatoes as a stuffing in a canvass back duck. Turtle may be considered very highly nourishing, but for my own part I consider potatoes, fish, and milk, with regular hours, by far before anything else. I have a preparation only known to myself, however, that far surpasses everything else named.

CHAPTER XXXII.

THE RIGHT AGE FOR MARRIAGE—GENERAL OBSERVATIONS CONDUSIVE TO HEALTH, &c., &c.

Among the different opinions entertained on the exact age to enter the marriage state, I think there can be no doubt but that this subject can be set at rest; that is to say, although the exact period cannot be named suitable to all, yet we certainly can name the extremes between which marriage ought to take place with propriety. With respect to females, of course it will at once be observed that some are greatly before others in the race for womanhood; constitution, climate, and many other causes, account for this, and the matrons of the age are fully competent to form a good opinion on this subject; however it may not be amiss to say a few words on the subject. In the first place, some females, by

arriving soon at maturity, are women at twelve and fifteen years, while others perhaps not till eighteen or twenty, still it is not well to recommend girls of fourteen or fifteen to marry, inasmuch as there may be yet a year or two, that all their constitutional energies are required for their growth, and by marrying too soon rob themselves of what ought by rights go towards a further development of their frames; besides, in another view, they are not so calculated for the duties of the new life they are about to undertake; they are but novices in the affairs of the world, and would profit more by being two years in their parent's house, and there becoming instructed in all the affairs, domestic and otherwise, that ought to attach to the wife who is capable of becoming the head of a family. There have been in all countries laws regulating marriage, some of which have been attended with good effects; for example, in England, it would be impossible to get any one delegated for such an office, to perform the marriage ceremony between a couple, either of whom should be below the age required by law, to give the child power independent of the parent's sanction, and the breach of this law would subject the ecclesiastic both to fine and imprisonment; even where the parties are of legal age, public notice must be given three Sundays in succession in the parish church of such intended ceremony, so that should there be any serious objections to said marriage there may be time to allow it to be known.

In how many cases this law, were it in force every where, would prevent those awful circumstances that daily occur in our midst; where would the bigamist be, who now, by merely changing his name and appearance, and winning the affections of some unsophisticated girl, can, *without a word of ceremony*, get the marriage rite performed, and thus consummate the ruin of families. How melancholy to see the numbers of young females that are daily ruined by this loose system, by renegades and debauchees, and how many females live in after life to curse the day that such laxative rules enabled her to perform a ceremony never to be got rid of with one whom, were she a year or two older, her better discre-

tion, and knowledge, would have saved her completely from. When will the marriage laws be considered something more, by those whom the laws permit to tie people together for life in some, more honorable light, than merely the avenue to the possession of a fee? When will a father remember, that the children he binds together on a moment's consideration, may yet curse the day he possessed the power to entail upon them such misery? It is to be hoped that this matter some day or other will receive that attention it surely cries for.

An instance occurred but a short time since in this city. A party of young persons were sitting in a circle about eleven o'clock at night in a drawing-room, when a play was proposed to see who should marry the other; a young lady happened to draw a ticket from a hat, and on it was the name of a young man who then sat in the circle; on their names being announced, of course a laugh went round, but it did not rest here, for in about a quarter of an hour the gentleman got an opportunity to recal (in a tete a tete) the circumstance to the young lady, with an offer to have what was at first done in joke, practically performed. The lady assented, and the two, without being observed, left the party, and proceeded, just as they were, to the residence of the nearest clergyman. His reverence was in bed, and would not rise, so they had to go further on to the house of another; in this they succeeded, for though the holy man had been in bed some time yet he rose, and joined the two in wedlock *forever.* On their return to the party, which had not yet broken up, a denouement took place which can be more easily imagined than described; suffice it to say, it nearly broke the heart of the young man's mother, who looked forward to other circumstances connected with her son, and her family. I have every reason to believe the marriage has ended in the most unhappy manner.

In a general way it may be laid down that between seventeen and twenty-six the best age will arrive to all females, to enter the marriage state; *sweet eighteen* has been much spoken of as the most interesting period of a woman's life, but I do not think any

positive rule can be laid down on this head; some young women know more at seventeen than others do at twenty-five, and, therefore, all such things depend upon other materials than statistical reasoning.

GENERAL HEALTH TENDING TO LONGEVITY.

It has been quite common to propagate the notion, that the human race is deteriorating every century, and, by way of proving this, to refer to the ages of the Prophets and Kings related in sacred history; however, I think there is some mistake in this calculation.

If we take every example the Bible furnishes us of longevity, we only see a few isolated examples recorded out of a period of four thousand years, but I cannot see how these few instances prove that all other persons that lived through that period were more aged than the people of our day. If, as the sacred book informs us, the population of the world came from two persons, it follows very naturally, that to make up for the slow progress in population in early time, the natural consequence would be by lengthening the lives of the early inhabitants, and that the necessity does not exist so much in our day for the same principle, as the world we can all see, has abundance of people to keep up the equilibrium.

If we except the ages of the antediluvians which were lengthened no doubt for the purposes of reproduction, we do not find generally speaking, that people lived much longer in ancient times than in the present day; it may be inferred to be sure, as I said in a former part of this work, that simplicity in manners, dress, and diet, will keep people alive to a longer period; still, we can show in modern times plenty of persons, attaining the ages of the prophets of old. For instance if we take Moses, Abraham, Isaac and Jacob; we find their ages respectively as follows:—

Moses, 120; Abraham, 175; Isaac, 180; Jacob, 109.

And we can place as per contra such examples as the following, all occurring since the reign of Elizabeth:

Countess of Desmond, 140; Henry Jenkins, 169; Flora Thompson, 150; Parr, 152; Bishop of Glasgow, 184.

It is no wonder that the ancient Kings were men of long life; the Almighty no doubt had to perform his wonders through them as they were mostly prophets, and of course very unlike the Kings of the present day; still where temperate living takes place in the person who has been blest from birth with good constitutional development, he may be sure unless accident intervenes to see more than one hundred years.

The entire idea may be summed up in saying that the human being is a complicated machine, and that by keeping each and every part in proper working order, the whole apparatus will naturally by wearing out evenly, last the longest possible time; while on the other hand by excesses, if we allow some of the parts to be overcome, and thereby throw their work upon others, the whole eventually become disorganized, and a short life is the consequence.

CHAPTER XXXIII.

Of the Diseases of Children.

OF NEW BORN INFANTS—THRUSH—COLIC—TEETHING—YELLOW GUM—CONVULSIONS—CHILD FEVER—CROUP—CHOLERA INFANTUM—WHOOPING COUGH—WORMS—MEASLES, &c., &c.

Of all the subjects entertained in a medical work, none can be of so much importance as that connected with children. It will be hardly necessary to remark, that were the love of children not universal, we ourselves might not have arrived at maturity.

"Suffer little children, and forbid them not to come unto me, for of such is the kingdom of heaven."

These are the words of one who came to inform the world that it would be well, were they always found *as* little children. No

matter how vile, or how wicked people may be, they are invariably taken with the innocence as it is termed of little children ; besides, their helplessness alone commands our attention and our pity, while there is nothing so strong as the affection of a mother for her offspring ; this of course has been implanted in her bosom by the great Allwise, knowing that upon her devolved the production necessary to fill the whole globe with humanity.

There is but one drawback to the pleasure in contemplating the delight and the rejoicing attending man's entrance into the world; it is the reflection that such holy feelings should ever be *less* among his kindred for him at any other period of his life; but alas! how true it is that when years have gone their ceaseless round, this celestial (for I can give it no less a name) feeling, becomes entirely obliterated, and thus you see whole families who in *youth were united and happy*, now in bustle, anxiety, and turmoil of life, in hatred opposed to each other in the race for wealth or honors, thus allowing the sordid natures they have acquired in their contest with the world, to engender selfishness, to banish the holy feeling they possessed toward each other, and which has been supplanted by jealousy, and a thousand other things by which they have now become aliens.

Lord Byron once said, and it is on record in his poem of Manfred:—" Oh that I were the viewless spirit of a lovely sound, a living voice, a breathing harmony, a bodiless enjoyment, *born* and *dying* with the blest tone that made me." And how many may now pass along unheeded by the very persons who in joy surrounded the cradle in which they were rocked ; but who feel no more the rejoicing that once gladdened their hearts, because the vile world, its jealousies, and its hard hearted requirements, has turned joy and brotherly affection into complete estrangement, and how many thus regret that they did not, like the bugle notes in Byron's poem, die before the rejoicing in which they were born had ceased.

How truly Beranger understood human nature when he declares

the fallacy in the continuation of this principle, and how deceived the man will be —

" If on relations he relies
Or trusts to men ;
Welcome they say to babes born newly,
But when your life is eked out duly,
Good evening then."

Another phase in this condition is worthy of consideration. How doubly melancholy is the picture when the children over whom you have spent years of toil and anxiety, in sickness, by day and night, when your waking and sleeping moments were employed not only in recommending them to the care of Providence, but devising plans for their honorable welfare through life ; how melancholy it is to think, that there should be even *one* child among created beings, who would afterwards forget all those parental benefits, but also the very authors of them ; and yet such is the fact ; if therefore there be one who reads these lines whose conscience should accuse him, I entreat a careful perusal of the diseases to which all children are subject, and the care and attention they require, and then let him see whether the mercies bestowed by parental solicitude should be thought of only as a matter of course, and not reciprocated by that honor, and that care, that old age, or infirmity should expect.

On the subject of rearing children, Doctor Beach says—

" It is during infancy that the foundation of a good constitution is generally laid, and it is, therefore, important that parents be taught the best method of managing their offspring, in order to preserve their health. Great ignorance is manifested on this subject; it is owing to this that so many children sicken and die; and, furthermore, it is in consequence of this ignorance in our forefathers that the present generation have become so weak, sickly and effeminate; and most of those evils may be imputed to errors in diet, regimen, *mineral* and *depletive* agents."

I fully agree with the Doctor in this, and therefore how necessary it is, where *milk* forms so large a portion of the food of children, that care should be taken that it be not adulterated. It will

be asked how unadulterated milk can be had in the city of New-York? This, indeed, is a natural question, and it would be very difficult to answer. To the everlasting shame of profligate, and unworthy corporate authorities, our city has been, as far as children are concerned, a regular charnel house, in consequence of the liberty to sell as milk, a liquid obtained from diseased cattle; the disease engendered by feeding cows on the refuse of a distillery, whereby the unfortunate animals are kept everlastingly in a state of intoxication, which, with the want of exercise, soon reduces the cows to a state almost bordering on putridity; at this juncture they are killed, and the flesh sold in the market places. How awful the reflection, that nine tenths of the people of the largest city in the union are every day giving their children a terrible poison, and thus swelling the list of the deceased, as we see it recorded every day. How is it possible to look at the blindfolded figure daily figuring on the top pinnacle of the City Hall, believing herself by holding an even balance in her hands! and not shudder, as we read the weekly ravages among the children of the community; while the knaves who vend the adulterated article, have the names of Orange County, and others of like character, emblazoned in gilt characters upon wagons, that were never more than two miles from the City Hall, since the day they were constructed.

Doctor Beach continues—

"If the mother or nurse has enough of milk, the child will need little or no food for the third or fourth month. It will then be proper to give it a little of some food that is easy of digestion once or twice a day; this will ease the mother, will accustom the child by degrees to take food, and will render the weaning both less difficult, and less dangerous. All great and sudden transitions are to be avoided in nursing; for this purpose the food of children ought not only to be simple, but to resemble, as nearly as possible, the property of milk; indeed, milk itself should make a principal part of their food, not only before they are weaned, but for some time after."

Pure milk is no doubt the best ingredient, with good bread, that

can be given to children, and it would be well if mothers who *are healthy* would, in every case, suckle their own children ; how seldom it is thought, the consequences of giving a child to be nursed by a stranger ! How is it ascertained to what diseases such a person may be incident ? Let mothers remember this, and, *except through* delicacy of constitution, invariably nurse their own children.

There is another evil that it would be well for young mothers to attend to ; it is the fact that half the disorganization apparent in their child arises from the acrid humors imbibed in the milk from the mother, very generally brought on by a system of diet altogether inimical to the well being of the child. Mothers should remember that they do not in such cases live for themselves alone, and that the health, and existence of the babe, in a great measure, depends upon the regularity and abstemiousness in their living ; they must be content, therefore, to yield a little of their former indulgence in the way of eating, to the well being of the offspring they are rearing ; besides they will be saved a great deal of pain, and anxiety by having a good humored baby, in place of one which cannot help harassing the parent day and night, by the pain that has been inflicted on it.

There is another error I would wish to point out, namely, the idea that when women are nursing, it is necessary they should alter their diet, and make it the most nourishing possible. If a woman is *very* delicate such a practice will not be inconsistent ; but, where a mother is in the full enjoyment of health, the more she changes her diet for high living, the worse ; she does not require it, and the child invariably suffers by it.

I consider it a good plan after about four months to begin to feed a child, and the reason is obvious, that you will thus accustom the child to the use of food, and you will experience less trouble in weaning afterwards. Some children who are kept very late on the breast have very often hard times in breaking off the custom.

CLOTHING FOR CHILDREN.

It is my solemn conviction that much injury is done to children by overclothing them; the moment a child is born it is almost choked with clothes; whereas it should have no more, and those loosely put on, than will make it comfortable, that is, while you fully clothe a child, you should never induce delicacy by too much solicitation as to the air that falls upon it; of course the medium is the right thing, but I remark it, because so many foolish young mothers rear their offspring up quite tenderly, under the idea that no place can be too warm for them; this is a great mistake however.

BATHING.

This is a very necessary thing in the daily discipline of children; I confess I am not disposed to agree with a great many in immersing a child in the middle of winter into cold water; this I consider against reason; the very great cold ought to be removed from the water, and then there cannot be too much of it. A practice of daily ablution is attended with the greatest benefit, and the proof of this is, that in nine cases out of ten it induces the child, immediately after, to repose. Too much cleanliness can never be, in the rearing of children.

Next to clothing, *good* air, and exercise are of importance, and here the children who are reared in the country, have greatly the advantage of those inured to city life; how many children never reach maturity by being confined daily to damp basements, and unwholesome bye-streets; while the children in the country have so much advantage in the purity and salubrity of the air, and the unconfined nature of their dwellings. The schools also in cities are not so well ventilated as those in the country, another disadvantage the city residents labor under. Altogether children, particularly of very unripe years, should have as much as possible both of good air, and exercise

THE PLACENTA AND UMBILICAL CORD.

THE THRUSH.

This disease among children is evidently depending on a disorganized state of the stomach; when the milk or other food disagrees with the child, and the contents of the stomach become acid, then the small white spots appear on the tongue, and forewarn you of the approach of the disease. To strike at the root of the disease, the stomach must be relieved, and at the same time the tongue washed with a healing balm; but if the balm is used without any resort to remove the acidity in the stomach, the disease will not be lessened. How necessary to remove all impurities from the food of a child, or rather how necessary to procure milk, bread, &c., that are pure, when half the diseases that children are subject to would be avoided, and the time, and feelings of the mother saved. This disease if not checked, will spread itself not only over the tongue, but inside the mouth and lips, as well as the throat; removing the acidity from the stomach however, generally gets rid of the disease.

THE COLIC.

This disease in children arises no doubt from the same cause as the preceding one ; when a child cries, no doubt it is difficult to determine at once what may be the matter with it, as it cannot tell itself, and many mothers imagine that it wants food, and so stuff the child, doing it much more harm than good. If a child is found on severe crying to draw its legs up, then it may be inferred that the disease is colic, and the stomach ought immediately to be relieved of its acidity ; in many cases I have known a child to cry for hours before the real cause of the trouble has been detected, when at last it was discovered that a pin from some part of its clothes, got the point turned towards the child, and on its being removed of course the screaming at once stopped.

What a pity it is that pins should be used at all in the clothes of very young children, surely strings could be substituted in every instance, and a vast deal of torture saved to the infant ; as long however as they are used, mothers ought at once on the child's crying, examine all the pins before resorting to other means, when in nine cases out of ten they will find out the cause of the disturbance.

After a period of nine months children become much less liable to colic pains, and after fifteen months rarely have them.

TEETHING.

Of all the complaints incident to children this is the most procrastinating, and from which no children escape altogether ; some get their teeth with much less trouble of course than others, depending upon greater or less constitutional debility, and the difficulty experienced in the teeth making their way through the gums. One thing is certain and all experience proves it, that fat children suffer more by far than less robust ones ; I hardly ever saw a very fat child, that had not a considerable degree of fever always attached to it during teething, and was not less capable of resisting the continued operations of the disease · indeed, in some cases unable

to bear up under its pressure and fall a victim to the prolonged attack; while what are called wiry children, who have great quantities of saliva flowing from the gums, battle bravely against this hard complaint, and successfully see it out.

There is mostly a remitting period between the cutting of the lower and the upper rows, that gives the child a chance to recover its debility, and get strong, and this is a wise dispensation, as the complaint would otherwise overpower the generality of children, and the equilibrium be destroyed.

Great attention should be paid during teething to the child's bowels, and its health in regard to air, and exercise. If also what is generally understood by a looseness in the bowels, should come on, it must not be suddenly checked, as nature may be exerting her influence to help the child, which in case of constipation would require artificial means; care must of course be taken not to allow it to run on *too* long, or it might weaken the child and injury result.

YELLOW GUM.

This disease is so trifling in its nature that I should have omitted it altogether, but that some young mothers might think something strange had happened when it appeared; it is nothing more than a disease something similiar to Jaundice, that comes on children a few days after their birth; the skin assumes a yellow tinge, and the general concomitant is sleep; by attention to the bowels it soon leaves.

CONVULSIONS.

This is a disease that often proves of the most alarming nature among children, and I shall give a sketch of it from the pen of a physician whose opinion is justly entitled to confidence.

"As these fits are frequently very sudden, I shall direct the means which may be used before a physician can be procured, and I will make some observations, as to the general causes which produce them. It is not unfrequently the case for convulsions or fits

to come on suddenly; in others the attack is gradual, and the symptoms so slight as to pass unobserved by the mother or nurse. In the former, the child from being in the most perfect health, turns of a purple color, the features and eyes are changed, and the whole frame is violently convulsed or agitated. In a short time these symptoms are followed by fainting, or, medically speaking by a suspension of the vital powers; after which the child gradually recovers; but for sometime remains stupid and drowsy. In the latter cases, the infant shows uneasiness, changes color suddenly, and frequently, the lips quiver, the eyes are turned upwards, and it stretches out, and the hands become clenched, when the convulsion or fit comes on."

"Fits are apt to be produced by anything which affects the whole nervous system, or that which produces irritation of any particular nerve; and by the sudden striking in of any eruptive disease, such as the measles, or any complaint which breaks out on the skin, from improper food, or irritating substances applied to the stomach or bowels, will produce this disorder. These convulsions frequently occur during the period of teething; but I have found from particular attention to the causes which produce convulsions or fits, that worms are very often the cause of this complaint. But if they take place frequently, and with great violence, occasioned from pressure on the brain, or any cause in that organ, they generally terminate fatally, or cause the child as he advances in years to become foolish."

Thus it will be seen that when this disease assumes the serious character just pointed out, no time should be lost in having immediate assistance. I am happy to say I have a most excellent course of medicines for these attacks, and have never known a case of failure when they have been used; moreover they can be kept in a house, and therefore present on any emergency.

CHILD FEVER.

Irritability appears to be the leading feature that in children is productive of disease. Fever, however, so dreadful in its ravages among adults, appears to deal gently with the very young;

many supposing that it has not sufficient to grapple with, and therefore becomes innocuous; be it as it may, the very young have quite enough of troubles on their hands, and it is well for them, that owing to immature age, they are not capable of appreciating their danger, and therefore struggle through trials that would force older people under like afflictions to succumb.

Fevers in children seldom want more than strict attention to the stomach and bowels; in fact if the stomach of a child can be kept in order, the greatest possible is done for it under all the forms of disease to which it is subject; a very little experience will, in the cases of mild fever it is exposed to, be sufficient for the contingency.

CROUP.

Having made this disease in children the special object of research, knowing it to be the most fatal attached to infantile being, I am glad to be able to say, that it succumbs at once to the instructions and courses of my new system. In looking at the symptoms any one will be convinced of the necessity of immediate action, so sudden does the disease come on, and the patient may be suffocated and lost, if prompt measures are not at hand for relief.

The croup may be said to come on with a difficulty in breathing, and wheezing, a short dry cough, and a rattling in the throat. The difficulty in the breathing increases, and the face becomes red; the cough has a shrill tone, and altogether the child is restless to a very great degree, while thirst is a regular attendant. According as the disease advances the cough becomes more severe, and more frequent, and the breathing more oppressive, and without immediate assistance the child dies.

How necessary for persons who may live in remote regions, who may be so separated from medical assistance that time would not permit the presence of a physician, to have such remedies present with them as would effect a cure at once. I have, therefore, my

new courses, all done up in packages, that will keep any length of time, each course accompanied by instructions that are just as good, and as easily applied by any one in a household as by a medical attendant; thus can families be safe who, having these, are not obliged to depend on the casualties, which possibly may lie between them and medical assistance.

CHOLERA INFANTUM.

From extensive travel, I find this disease much more prevalent in the United States than in any country of Europe, especially the western portions. It seems, indeed, to be among children a complete plague. Who can see the weekly list, or obituary of the little ones, but must wish that we could arrive at some universal panacea for the evil? but I regret to say that, although the new practice of medicine has done a vast deal, still I wish it could do a little more, and save the young ones from so early a grave. This subject has engaged the attention of all medical men for years, and I acknowledge I have made it one of deep research myself, and have what I believe, according to the best system, will in almost all cases restore the patient; still there are some constitutions that are so delicate, and have so little material to work on, that it cannot be said that anything will act as such a specific as to defy a fatal result; all we can do is to save the great majority, and this I consider to be the advantage of my *New System*. If, for example, a plague exists, and that we can discover something which by application reduces the virus by two-thirds, we must consider it a great *desideratum*, and rejoice at it.

The entire difficulty in this disease is to find out what excites morbid irritation in the intestinal canal; indeed in children there are so many existing causes, that it is no wonder it should be very fatal, for, independent of those inherent in the child, there are a multitude of auxiliaries in the shape of exposure to the heat, to damp dwellings, to unripe fruit, and vegetables sometimes in a state of decomposition; all, acting together, it is no wonder that

cholera infantum should have gained such ground as it has among our community.

In the early part of last summer I was walking down the Bowery, when my attention was attracted by a crowd of children, between the ages of two and ten years, all gathered round a man who had just spread out on a table the first green apples of the season; with what longing eyes the poor unconscious children viewed these incendiaries of death, while the man would occasionally rally them with, "Now is your time, the first apples of the season, who has a penny, here they go." After waiting a while I found the children slip off by twos and threes, and soon returned, each with a penny or two, and in less than five minutes the board was almost cleared, and again replenished.

How many of these children died of cholera infantum afterwards, of course is not for me to know, but if they did not all die I only think it the more miraculous.

The hot weather, of course, assists the disease in its destructive qualities very much; indeed, we find that as the cool weather comes on in the latter end of the fall, it begins to subside, and almost vanishes by the end of the year.

I do not know whether it may be of any service to say a few words to parents on this subject or not, for so much has been set before them already by periodicals, that it may appear a work of supererogation; still, I would in sincerity ask them how they can aid their offspring in so ruinous a course; I say aid them, because the parents who give pennies to their children to buy what is no less than poison, is sheer madness; how many pennies thus heedlessly spent, will cost them dollars afterwards in doctors and medicine; but this is a thing they seem not to think of, nor of the responsibility they are under to God, for not taking better care of their offspring.

WHOOPING COUGH.

This is another incidental disease among children, and although seldom fatal, is occasionally very distressing; it is contagious

also. It commences with a common cold to appearance, but soon the difficulty of breathing, and the spasmodic paroxysms develop its true nature; the voice becomes rough or hoarse, and considerable thirst sets in. In a short time the noise peculiar to this disease begins, and the paroxysm generally ends with vomiting, thus relieving the patient.

Pure country air and exercise are the curatives known; indeed we cannot call them cures, as the disease will have its run, and therefore the most we can do is to relieve the paroxysms. I have made up some courses on the principle of my *New System*, which, given after every paroxysm, will lessen considerably the violence of the next fit, thus assisting nature to throw off the disease effectually.

WORMS.

Worms are the source of great annoyance to children, often producing convulsions, and creating a ravenous appetite. It is certain that most children give signs of their being overrun with worms by picking at the nose. As I said in a former part of this work, there are certain species of worms that infest the human *prima via*; of these, those that attack children are the round worm, the man worm, the tape worm, and the fluke worm. Is it any wonder then when these species, or any one of them, congregate within a child that they should produce disease, and a great amount of irritability. Hence the necessity of being well provided in every family, with a medicine which will expel them without doing injury to the fine fabric of the child; and I have my worm courses on the new plan, made up which can be kept at hand, and which I guarantee will expel them, no matter how long they have been allowed to increase in the system. Two courses, or in slight cases even one, has been perfectly effectual, and if you should only suspect their existence, there will be no possible harm in proving it by taking the courses I speak of, for being entirely vegetable no possible injury can arise to the child, no more than had they not been administered

These courses will be found highly useful to families in the country, who happen to be located at a distance from medical advice.

The general opinion of the faculty with regard to what constitutes their production, is that it depends on climate, infancy, weakened state of the bowels, and improper food, among the latter may surely be reckoned the *green* apples, and vegetables I have already spoken of.

THE MEASLES.

This is another contagious disorder incident to children, the premonitory symptoms being very much like all other eruptive diseases, and therefore doubtful in its nature until it shows itself on the surface which is about the fourth day. A fever accompanies this disease, it soon however goes off. The measles as a disease is not malignant, and will go away in few days with a little care; the consequences are by no means so trivial, for it must be observed that if care is not continued, and that the constitution is not well cleared of the disease, a sudden bad cold may lay the foundation of a much worse disease. Good nursing and attention to these particulars are better than medicines, still I have vegetable courses for this disease also, that will purify the system, and rout out any dregs the disease may have left behind.

MALFORMATIONS.

The first thing that should be done after a child's birth is to examine it, and see there are no malformations; this is a very essential thing, and should never be neglected, and where any such things occur immediate assistance should be procured.

TONGUE-TIED.

This is by no means an unusual malformation, by which the tongue is fastened to the roof of the mouth by a small ligament preventing its motion. There is a story told of the celebrated Doctor Abernethy to the following effect:

The doctor was called on one day by the parents of a child whom they brought to ask advice about; the people ignorant of such matters were quite alarmed, and the Doctor looking into its mouth discovered that it was tongue-tied.

"What makes you so uneasy" said the Doctor addressing the parents, "Is it a boy or a girl"—"a girl" was the reply; then said the Doctor "I dont know but it will be better to leave it as it is, for the women produce such mischief with their tongues, it would not be much matter if there were more tongues tied than this one." I will not join the doctor in this, as I can bear testimony to the sweetness, and the harmony too of the voice of woman. A very slight operation however, loosed the young lady's elocutionary organ.

HARE LIP.

There are several kinds of this deformity. Where there is only a single hare-lip the operation is but trifling to make it good, but where the disease is double hare-lip it becomes a very difficult process; the general operation of sewing it is not in my opinion successful. If by paring the edges of the lips, and pinning them together with silver pins, the lips being drawn together by silk passed alternately over the pins, the flesh will unite in a few days when on removing the pins, common adhesive plaster will complete the simple operation.

I trust I have said enough on the subject of children, and their diseases to induce fond mothers who wish to retain their offspring, to have always provided in their homes those necessary ingredients which on sudden emergency supply at once the presence of the medical man, or at all events that will satisfy the demands of the case, until such can be procured. All my courses of medicines are so made up, that time in keeping them can have no deleterious effect upon them.

MIDWIFERY.

It is not my intention to write any long essay on this subject. I am glad the day has arrived when it becomes nearly unnecessary to employ men in these delicate cases. The profession being now extended to the female sex, they will naturally be the best doctors on such occasions, and save the feelings of women thus situated. How much better the plan. Ladies who have taken up the profession ought above all things to make themselves efficient in this branch. It is a thing long desired, and assuredly all male doctors ought to be glad, that such a system should become general. Besides, there has been too much legerdemain used in this branch of the profession, and the use of instruments became too common ; not allowing nature to have her own way, but by hurrying her in her operations, laid the foundation of the most serious disorders. It is a matter of congratulation that people are becoming aware that this branch of medical science is likely altogether to be transferred into the hands of females, when we shall hear no more of those indelicacies that have for so long a time been spoken of.

I would not indeed from any false delicacy wish to see women thrown into the hands of the ignorant of their own sex, but I would gladly resign to those properly qualified, this delicate matter which I think men should have nothing to do with.

We have I regret to say, too much cause to have this system altered, if we can credit the accounts published of the way such things are carried on in many parts of the world.

When we look back into history we are astonished at finding, that the delivery of woman was accomplished entirely by their own sex ; if therefore, for ages men were not wanting, why should the system be altered ; among the Israelites there were no male accoucheurs, and I do not see why there should be any in these days.

America has set an example to the whole world ; one that will no doubt some day or other become general ; the true women of America have entered the list, have studied, practiced, and have

become graduated physicians, and in their hands the practice of midwifery should be left.

SPITTING OF BLOOD.

This is not so alarming a disease as the appearance would indicate, that is to say where consumption is not at the bottom of it. I have known several musicians who spit blood occasionally ; no doubt the effect of severe exertion on a wind instrument, and yet they had sound constitutions in a general way. I would not recommend persons of a weak frame, and habit using their lungs in filling large brass instruments ; but, that persons may spit a little blood without having any determined constitutional disease, is certain. If the lungs be weak and liable to rupture, then the use of them in a violent way is highly improper, and would no doubt if persevered in be attended with the greatest danger.

I have heard of persons bleeding from the mouth large quantities, but I do not think the cases sufficiently authenticated to give them as examples, where the issue was harmless.

PAINTER'S COLIC.

This description of colic derives its name from its usually attacking persons, who are under the influence of the vapors arising from a decomposition of lead so continually used in the painter's profession ; in pain it rather exceeds the common colic, and becomes worse by its being attended by a very obstinate costiveness ; to remove this impediment requires very often some of the severest remedies. Croton oil has in many cases been successfully applied, but I have succeeded in making up a complete remedy in courses according to the New System which as yet has never failed.

NIGHT MARE.

This disease is very well known to every one, and, in nine cases out of ten, proceeds from indigestion ; it generally attacks persons who retire to rest with a full stomach ; it may, however, arise from other causes ; there is no doubt but that it has been produced upon a sleeping person by laying a small weight on the sleeper's

chest or stomach. It seems to produce some horrid dream, such as being chased by a wild or vicious animal, the propensity being to call for assistance, though all the time prevented from doing so. It does not last long, and the person generally returns to consciousness, and by turning on the side avoids a repetition of it.

SOMNAMBULISM.

It has been said that learning to swim is only getting rid of the idea of drowning, or rather the fear of being able to sustain yourself in the water; for, as the reasoning would suggest, how do the brute creation swim without learning, while man, the superior, in this becomes the inferior. In somnambulism fear appears to be entirely got rid of, and the most extraordinary feats are performed, which could not possibly be done, were the person awake to his situation. Men have been known to walk on the edges of a house, overhanging a street, where, under consciousness, it would not be possible to maintain the least footing, or balance. Generally speaking, these walking fits take place after the person has retired to rest, and if they are let alone, generally returns safely to bed; on the other hand, it becomes extremely dangerous to awake them suddenly to a sense of their situation. Many a person, by such a course, has become the inmate of a lunatic asylum for the remainder of their days.

SUSPENDED ANIMATION

FREEZING.

After continued exposure to cold, a sleepy, drowsy sensation comes gradually over the frame, and if this sensation is allowed to progress, the sleep *that knows no waking* assuredly follows. Every exertion should be made by those under such exposure, by walking, running, or jumping, to keep awake, as the only hope of escape. Napoleon the First, out of four hundred thousand men that he marched against Moscow, brought back but a mere handful of men; exhaustion from long marches in the snow, overcame

them, and, on being compelled to get some rest, went to sleep, never to awake in this world. To produce reaction, the frozen person should be well rubbed with flannels, and a good ducking in *cold* water would be more likely to take the frost out of him, than any portion of hot liquid that could be used; a little brandy given internally will aid in his recovery.

STRANGULATION.

Where this is accidental, as sometimes has been the case, no time should be lost in cutting down the body, then by cold water applications, rubbing, and inflating the lungs, to try and restore animation. If the vital spark has not fled, these measures persevered in will most probably succeed; if the vertebræ of the neck are broken of course such experiments are useless, as apoplexy has supervened, death has resulted.

In one of Sir Walter Scott's novels there is a case recorded where a prisoner who was condemned to be hanged bribed the sheriff, and the executioners of the law, who, for money, agreed to the following mock ceremony of hanging, and which ceremony took place before assembled thousands, who went away satisfied that the law had been fully carried out.

An iron collar was made that fitted the neck of the culprit loosely, from this collar, girths that would not stretch passed down behind and before, forming a loop for each leg to stand in, the rope was fastened round the collar, which was made with two rims, in the form of a groove, preventing the rope from slipping on to the neck; of course, when suspended, the whole strain was on the girths, in which the culprit stood, and by allowing his head to lean on one side, the whole had the appearance of reality. After the usual time the body was cut down, the prisoner pretending to be dead, while a coffin pierced with holes being prepared, the supposed corpse was taken away for burial. The man thus escaped.

STOPPAGE OF THE WIND-PIPE.

Children are very apt to contract a habit of putting thimbles, pins, or money in the mouth, and sometimes lose their lives by

swallowing improper articles. Sometimes also they stick in the throat, and even in grown persons, who are not careful in eating, the same thing may occur; it would be well to correct this habit in children; nothing is more painful than to witness the struggles of a person under the sensation of suffocation, and as instant relief must be afforded, presence of mind is essentially necessary in such cases of emergency.

A few years previously to the death of the Duke of Wellington, while eating a part of a partridge, a small bone stuck in his throat, and remained there in spite of every attempt to extricate it, for a few days; when the old warrior was relieved, and entirely out of danger, it was whispered about town that that was not the first time in his life the old Duke was nearly destroyed by a *bony part* (Bonaparte.) The *bon mot* caused considerable amusement in military circles.

CHAPTER XXXIV.

How to succeed in Life.

There is not a more momentous subject pertaining to man, than the one given in the present enunciation; it is, in fact, what every man would like to know, and, indeed, when found, would be the real philosopher's stone. If a man could only know what course exactly to follow, so as to be sure of succeeding in life, he would have solved the great problem of his destiny here.

There are many things that have to be taken into account in investigating this all absorbing question; and the absolute necessity of understanding that it does not rest simply within the jurisdiction of our own opinions vigorously carried out; for such is the variety of mental hallucination as to what constitutes success, as well as the infinite number of different modes adopted by diffe-

rent persons in its attainment, that unless there are some fundamental principles, authorised by wisdom, to commence the campaign on, the probability will be that our fond hopes will be wrecked.

Success in life is by many supposed to be the realization of great means, honestly if you can, but whether or no, the realization of wealth. Is this success in life? If so, the man who swindles the community out of millions of dollars, and flies to a foreign country, has succeeded in life. Others through vanity leave nothing undone to ascend the ladder of fame, and having gained publicity, perhaps at the expense of every virtue, consider that they too have had success in life.

But what a short sighted and ignorant animal man is, under such false methods of obtaining what he knows nothing about. It has never entered into man's brains, that all his visionary dreams have to come to an end in a few fleeting years, and although while living he may have persuaded his fellows to erect a monument to his memory when he died, still he will be forgotten, and the costly monument will only survive him but a brief period, when all he labored for was vanity, and his place long since filled up by others equally vain, now knows him no more.

If we look at the great pyramid of Egypt that stands on eleven acres of ground and over four hundred feet high, what does it record of those whose memories it was to have carried down to posterity? nor do the mummies that are taken from this gigantic sarcophagus, lead us to an acquaintance with those whose lives it was intended to commemorate. If these are not mementos of the vain of those ages, where will be the memory of the foolish man who thinks while jostling in the great crowd of life, that he must do something to render himself a hero, while his wonderful *success* he leaves as he thinks a pearl of great price to posterity, who could not, were they inclined, find his dust among the commingled atoms of generations.

Success in life as I said before, depends on other things than simply those we have enumerated. How gratifying is the thought

when bending over the grave of some dear departed friend we can conscientiously say:

"After life's fitful fever he sleeps well."

The first thing necessary for a man's mind to be imbued with is, that he is only one out of a number of agents placed by God on the theatre of life, to act a certain part, on the mathematical principle, that *every whole is equal to the sum of all its parts taken together*; that God will require at his hands *a strict account of his agency*, hence the absolute necessity in all his exertions, that they should be carried on with *honor* and *integrity*, that all his plans and resolutions should be only put into execution under a strict sense of God's providence, while blessings on his endeavors, and guidance in his judgment should be continually supplicated for, and when he finds himself prosperous, the greatest danger will be here; thrice happy is he then when in thankfulness, for the honest independence he has attained, if he understands in the midst of his prosperity lawfully and honorably possessed, the maxim:—

"He that hath this world's goods, and seeth his brother in need, and shutteth up his bowels of compassion from him, how dwelleth the love of God in him."

And how blest is he when instead of hoarding up immense sums he searches for the hungry, the naked, the orphan and the widow to make their hearts glad. Success in life, under these circumstances may well be looked for, even enthusiastically, because the object and end of this man's existence is developed in him, and when the grave closes over his remains, and generations have passed away, and he is forgotten in time, his good works proceeding from a correct faith, have long before gone up as the morning incense, to meet him in another, a blessed and a better world.

On reading a little work entitled Health made Easy, I find some very trite observations on this subject, and I cannot forbear transcribing one or two passages.

"It is universally admitted that in many departments of skilled labor, and especially in most of the professions, all engaged in them do, or may continue learning, and improving their skill and

dexterity, during a long life. Superior activity, skill and taste, are not the result of *bare knowledge* of facts, styles, or principles, but they are attained by constant, steady, and a thorough *love* of the whole subject (whatever it may be) combined wit hlong practice, not only of the hands, but the ears, eyes, and mind, must be engaged in the work, if eminence in the particular calling be desired. Reason and experience prove this never can be done in a few short months, or by a little occasional study and practice ; for in that time and way the mind could not be trained to conceive, the senses to guide, or the hands to execute, the endless variety of thoughts, reasons and actions, which need combining together, before any one can justly be said to excel."

"This is more especially the case with common life ; and to act our part well, in any, even the humblest station, much knowledge, united with great mental and bodily activity is necessary. Nor is this all ; our mind if not trained to move in a right direction, may only be active in doing wrong to ourselves and others. A bad mind is constantly employed in gratifying itself ; it sees no "*sermons in stones* or good in anything ; every thing being seen, heard, and felt, through a depraved, unnatural medium."

" A serious error is committed by those who fancy it is quite sufficient if they guard against contracting vicious habits of thinking or acting. Success in life does not depend on our merely avoiding to do wrong, but also on our doing right. Such habits cannot be acquired without thinking right, and that must be based on correct knowledge. The fruits of knowledge grow from its being thoroughly engrafted into the mind, and so completely interwoven with all its passions and feelings, as to form a predominant spring of thought and action ; giving an instructive perception, under all trying, and varied scenes of life, what is *best* to be done, *when* and *how* to do it. As a general rule this can only be done in proportion as our knowledge is extensive, correct, and readily available, from its constant use, for the active business of life."

Having said thus much on this all absorbing question, I would now show its bearing upon the subject of health, and here I would ask what are all our intentions, our anticipations, our resolves, or

determinations, our counsels, theories, and calculations as to how we shall *succeed in life*, if we are not in *health*. Where will all our well digested plans be, if sickness, through our own foolish instrumentality, lays us prostrate on our beds. Will not the consideration of this prompt us to a careful, frugal life, or are the young people of the day satisfied with a few fleeting hours of dissipation, to become shipwrecked, and all their hopes, their fond imaginations, and wishes for *honorable welfare* to be scattered to the winds, ending in a premature grave, going into which they can only consider themselves unprofitable servants indeed, in their day and generation. But better things are to be hoped.

CHAPTER XXXV.

Natural Physical Prevention.

It is curious to remark how many works have been written on the subject of the *treatment of diseases*, and the small proportion ever found offered to the public as *preventions*. It is an old saying that a small quantity of prevention is worth more than a great deal of cure; and were the *preventions* as much canvassed as the *cures*, I am fully persuaded more good would arise. If people could be possessed with the idea of the absolute necessity of obeying certain physical rules, and that non-compliance with nature's laws would surely entail disease, if not death, there would be much less sickness in the world; the fact is, however, that the idea prevalent among mankind is, take no precaution, but when you get sick send for the doctor. This, if not a maxim, is, however, followed out in practice by almost the whole world; and it does not take much to understand, that if the physical laws of health were laid down in a code, to be taught young people as one of the most essential branches of education, they would naturally grow to ma-

turity impressed with those principles, and that practice, that would materially lessen disease.

The training of children is indeed a sacred matter, and of course worthy of all our thoughts, and anxieties. It rarely occurs that parents are entirely the instructors of their own offspring, for after a certain age they are more or less under the guardianship of teachers; those who can afford it send their children to some public seminary, while others become day scholars at some public or private school; and what a great duty devolves upon teachers under those circumstances; in fact it is to the *teachers* of America the American youth must look for that care, and instruction in physical, as well as mental culture, that is to rule them for good or evil in after life.

As there are no institutions on earth perfect, so the common school system has its evils, one of which is worthy of notice; it is, the *invariable disproportion of teachers to the number of children.* Let us take, for example, a school in the country containing four hundred children; here we find *one male*, and *one female* teacher. Now supposing the number of children equally divided between the sexes, and that the school hours are between nine A. M., and four P. M., thus allowing one hour for dinner, there would be left *six hours* for study, and recitations; or three hundred and sixty minutes, which number divided by the number of students would give the services of *each teacher* to *each scholar* not quite *two minutes* every day, on the supposition that each was attended singly.

As, however, the scholars are formed into classes, this time is in a measure increased; still we must not forget that to *take charge of the school in the way of deportment*, forms a large item in the time of the teacher; it can be plainly seen, then, that no justice whatever, *individually*, can be done to the scholars, and it results in the fact, when people are interrogated as to the advantages of the school to their children, they invariably acknowledge what has been stated, but put in as a rejoinder, that the chief advantage they themselves gain is, that the children by being at school are kept out of the streets, and out of the way during business hours.

in their own homes. It is to be hoped that this crying evil will by some means or other, be altered for the benefit of the rising race.

In private academies, where the amount demanded for tuition is so large, of course matters are quite different, and you will find the proportion generally of *four* teachers to about *forty* or *fifty* scholars.

In all cases, however, more or less the student is almost the whole of every day, depending, both for physical and mental culture, on the teacher, and it is to be believed as much is done for the children, as the erroneous system will admit of. One very essential requisite that teachers should strictly enforce is the *position* of the scholar during school hours. How many get into a careless lounging habit, that they are ashamed of in after life, and even this might be borne with, were it the only evil resulting from the practice; but how often is it the means of engendering disease, by throwing the shoulders forward, and thus deranging the functions of the heart and lungs, from which consumption and other diseases arise.

IMPROPER SITTING POSTURE.

We will here see what injury may be done to the frame by such

a habit; the shoulders come forward, the spine is curved, and the whole chest contracted.

Doctor Fitch, in his excellent treatise on the functions of the lungs, thus remarks—

"I have in my lecture on the uses of the lungs, remarked that the chest is a basket of bones, so constructed and framed as to be most remarkably under the government of the will, and totally unlike any other bony cavity of our bodies, it can be enlarged or diminished at pleasure. The first and natural mode of enlarging the chest is by breathing, by inhaling the air. The lungs, I should say, are air bags, hung up on each side of the chest, and folded into cells comparable to the honey comb, and capable of being expanded, or correspondingly contracted. The largest lung may be made to hold a gallon, or so reduced as not to hold a gill. Now, the larger the lungs, and the more air they can receive, and digest, the stronger and healthier they will be. They will also enjoy an exemption from disease, almost exactly in the ratio of their large and full development. These changes in the lungs would, of course, produce corresponding changes in the basket that encloses them, the chest becoming broader, larger, and fuller. No one should be afraid of the air, but consume as much of it as possible by taking long breaths; draw in all the air you can. Make a practice many times a day, when in pure air, and especially when in pure cold air, to suck in all the air you can, and in this way strain the chest open to its utmost dimensions, and hold the air in the chest as long as you can, and blow strongly upon it, not allowing it to escape from the mouth until forced to do so. Should the person be of a stooping figure, or of a contracted, narrow, stooping chest, let him on rising from bed in the morning, and as many times during the day as he pleases, draw in the air as long as he can, and fill the chest to its utmost capacity; now hold in the air, and throw back the head and neck as far as possible, and at the same time throw back the arms and shoulders with sudden jerks, as if to tear the shoulders from the back of the chest, at the same time retaining the air in the lungs. If the lungs are

kept full of air during this exercise, on throwing back the head, neck, and shoulders, the air in the lungs becomes an elastic cushion, that acts powerfully on the inside of the chest, lifting the ribs and breast bone outward, upward, and backward, and, in this way, rapidly enlarging the chest, and greatly assisting to give it full size and perfect symmetry."

PROPER SITTING POSTURE.

In writing and reading how necessary it is to form a correct healthy habit. Dr. Fitch on this subject also very justly observes—

"One would suppose by the positions of writing masters and students at the writing desk, that they supposed the shoulders, or eyes, or head, had something to do with the mechanical performance of writing. The hand and fingers alone are called into exercise while writing.

"During a series of years in the occupation of writing, far more may be done by choosing a perfectly erect posture, not bending the head or chest at all, and with one half the fatigue. In all these occupations, the elegance of the person may be perfectly preserved, the symmetry of the figure not in the least impaired, the natural form

of the chest may be continued, and round shoulders prevented, at the same time more labor can be performed with vastly less fatigue."

Thus are all medical men of the same opinion on this vital principle; indeed it is not alone the youth of the age that acquire this unhealthy practice, but many among the adult population, especially in reading, or writing. It is however a habit that is easier to correct in early life, and I would therefore indulge a hope that parents and guardians, and teachers, understanding the consequences that may result in negligence of it, give such attention to the subject as will show that they have been faithful to their trust.

IMPROPER POSITION IN READING.

The teaching of elocution, the military drills, and gymnastics, introduced in these days into schools, have a wonderful effect on

the physical bearing of the youth of the day; of the athletic exercises I give the preference to military exercise; a man well drilled is not only obliged to conform to those positions favorable to health, but the same obligations engender a grace, and gentlemanly department that commands respect wherever he goes; besides there can be no risk of bodily injury, comparatively speaking with the liability to accident in a regular gymnasium; of course no powder need be used in the arms placed in the hands of young people; independent of this, of course no drill takes place except under the surveillance of competent teachers.

GRACEFUL POSITION IN READING.

In oratory, graceful attitude carries with it a great moral effect; indeed, an awkward orator, no matter how fluent in speech, never commands much respect.

It will be at once seen how necessary are those laws that operate for the well-being of the physical conformation, which naturally sympathize also with the mental faculties; good air, exercise, and correct delineations of the human system, being indispensable towards health, and are in fact the real preventives to disease, and doctors.

It will naturally at once occur, how much more conducive to health must be a country location, and country life, than the closed up, ill ventilated factories of populous towns; indeed, there has yet to come a day when the public, and its authorities are to be brought to the understanding, that proper places for exercise and air are the just requisites of the population of our crowded cities, and that at the present day, the inhabitants of our city require a park, in which they can from its contiguity seek that fresh air, exercise, and recreation, their harassed frames require, after their toil in confined habitations during a long summer day.

What multitudes of lives would be saved were there within a reasonable distance of our city, a park at least two miles in circumference, having in its centre a Zoological garden, where the mechanic after his daily labor could resort with his family and breathe the fresh air, under the shade of the groves either naturally or artificially made; this would be indeed a boon; how much better than being obliged to resort to thickly wedged theatres, or bowling saloons, or taverns, and what pleasure would result from it in more ways than one; enjoyed also without cost, and thus renovating the flagging spirits, and renewing the constitution so as to render a man able to begin his toil again, with the sweet consolation, that again, he can accompany his children to a rural scene where pure air, and exercise await them.

An English work on this subject under the head, To Public Men, very justly remarks:

"Far too little practical knowledge exists in the minds of public men, as to the best means for attaining health and long life; and the little they do know, makes them liable to commit great errors in their social and legislative efforts to do public or national good, and consequently they meet with great disappointments.

"The striking contrast between the healthful, enlightened, and joyous amusements and recreations of the useful classes in most continental towns, and the unhealthy, sensual, immoral, and vicious pastimes and entertainments unfortunately prevailing in our own country have long excited public notice.

"If we look at the contagious nature of some diseases, self-preservation, as well as enlightened benevolence, will prompt us to adopt all the sanatory means in our power, for promoting public health; by inculcating habits of universal obedience to the physical laws of our nature. Both disease in the body, and vice or crime in the mind, spread with fatal rapidity, if not duly suppressed by wise precautionary measures; ultimately, the obedient suffer with the disobedient, to a less or greater extent, when filth or famine send forth pestilence, and when ignorance or passion deluge a country with war.

"Great as disappointments are, they ought on no account cause despair; but rather to urge the philanthropic, and ingenious mind to the discovery of more effectual means for securing health, and rational amusement, to the sons and daughters of mental and physical toil, in our populous towns.

"It may not be long before public benevolence brings science and right principles thus practically and effectually to aid her in doing good to society; but no one at all conversant with the organic laws of respiration, or with the sanatory condition of most, if not all, large towns, can for a moment doubt, that an incalculable good might easily be conferred, in very many cases by the adoption of such a plan. When a public garden or park is laid out, close on the borders of a town which has 100,000 inhabitants, living in an area of two miles in diameter, one half the people for whom it is intended being from one to two miles distant, cannot enjoy the offered boon, except at the expense of an hour's walk, going and returning. Could such a healthful promenade be established in or near the centre of the town, two thirds of the inhabitants would be within half a mile of it; so that those who never went to enjoy a walk with their wiser neighbors, would constantly

enjoy a far more pure air for breathing, and consequently be much better able to avoid disease, or to bear and overcome it, than they otherwise could have been, because the new vegetation, growing in the heart of the town, would absorb the superabundant carbon for its own growth, and distribute a necessary supply of oxygen, for promoting health, and prolonging life, among those people who had shown so much practical wisdom, as to seek health and happiness according to God's laws."

There are, to be sure, many towns and cities so situated that public parks cannot be so formed in location, as to serve all the inhabitants alike. New-York, in consequence of the shape and limit of the island on which it stands, may be said to be one of those; still a park could be made, which would go pretty nearly to the mark already desired, and as the generality of people, that is artisans, live up town, and the cars run so regularly, and the fare so small, it would no doubt be a most desirable retreat for our toiling and care worn working people.

From the work already quoted from, I shall conclude this chapter with the following paragraph, so worthy of the christian mind that dictated it:

"Every enlightened mind delights to dwell on the fact, that our blessed Creator gave us the power of holding, as it were, the helm of our physical constitution; and its laws are of such a nature, that when this is done rightly, the whole vessel is obedient to it, and all goes on well. *We* only are to blame, if we remain in unknown, stormy seas, without compass, rudder and pilot; when every thing necessary for our comfort and safety is so bountifully provided. Let all who have hitherto neglected to use these means of common prudence, thank God for them, take courage, and no longer trifle with the life, and health, he has, for his own wise ends bestowed; even those who have impaired their constitutions by neglecting to observe the laws of health, may do much towards restoration by prompt and thorough reform."

CHAPTER XXXVI

MINERALS—MERCURY—SALIVATION—BLOOD LETTING—FAINTING—DELIRIUM—SUDDEN DEATH, &c., &c., &c.

It is curious to think that although the effects of calomel (or in fact every preparation of mercury) have been so thoroughly written upon, and the injury to the system of those who take it so emphatically proved; yet there are still many who yet think it the sovereign remedy in all disease. It would, therefore, be injustice to those whose benefit I seek, to send the *Medical Pilot* to the world without pointing out the *bearings* of those *poisonous shoals* that lie in the way of the health seeking public, who still insensible to the wrongs of modern science, continue to waste their systems by a continued use of minerals.

MERCURY

is the "very head and front of the offending," and no one can use it without laying the foundation of worse consequences, than those resulting from the disease it proffers to annihilate.

Doctor Beach, in his excellent discourse, says—

"In detailing the changes produced on the system by preparations of mercury, it is necessary to premise the well known fact, that there are some individuals on whom such medicines, though continued for a considerable time, have little or no perceptible influence, unless the activity of their form, or the magnitude of their dose be calculated to excite immediate effects. For example, whatever the constitution of the person may be, a very few grains of the muriate of mercury, given in substance, prove rapidly fatal, and large doses of the submuriate are quickly followed by vomiting and purging. On the other hand, instances of constitutions which are unsusceptible of the influence of the ordinary doses and preparations of mercury, are very few in comparison with those which are affected by the smallest quantity of that mineral."

"Preparations of mercury, exhibited either internally or externally for any length of time, increase in general the action of the heart and arteries, and produce salivation, followed by emaciation and debility, with an extremely irritable state of the whole system."

"These effects of mercury are expressly mentioned, or virtually admitted by every author, ancient and modern, who has directed its use; and it must appear very extraordinary, that their full influence should have been misunderstood, or at least not sufficiently regarded."

"It appears therefore, that the increased action of the heart and arteries, excited by mercurial medicines, produce not only the same injurious changes upon the body with those arising from inflammation, but also certain effects peculiar to itself. This important fact has been incidentally noticed by numerous authors, although the natural inference to be deduced from it, has been very much overlooked."

"The health is rapidly undermined; and if there be ulcerations in any part of the body, they must as certainly degenerate into malignant sores, as blistered surfaces or scarifications mortify in cases where the living powers are much exhausted."

SALIVATION.

Thus we see some of the horrors of taking this prince of poisons, but it is not all by a great deal; who that has ever witnessed a patient under the salivating effects of mercury but will remember the swelled tongue, the discharge from the mouth, the shocking state of the gums, the loose teeth, and sallow complexion, and the cadaverous face!

Doctor Beach on this subject also says:—

"Salivation, or an excessive and unusual flow of saliva in general, follows the increased action of the heart and arteries, and is preceded by a certain metalic taste in the mouth, and is attended with a peculiar odor of the breath, different from what is ever perceived in any natural disease."

There are other evil effects that assuredly follow the use of this slayer of thousands; general emaciation takes place in the whole

system, with general debility and loss of appetite, restlessness, nervousness and a great change towards irritability in the temper; not unfrequently insanity, and sudden death.

How people after such a catalogue of evils, will still continue to take into their systems, anything that would thus lay them prostrate, is almost inconceivable.

Let us hope and trust that the day is not far distant when mercury, zinc, antimony, arsenic, and iodine, may be as though they were not, then will the people have cause to rejoice, and we may expect a generation able to maintain both physically and mentally the dignity of that country, which was won by the stalwart and manly bearing of our sires.

BLOOD LETTING.

This is another baneful practice, and one it is to be hoped will cease with the administration of mercury. The life being in the blood, of course if the blood be taken, then the life must go.

It is not exactly certain at what period of the world this killing practice was introduced, one thing is certain, viz: that bleeding has killed more people than any disease ever did; indeed, there seemed at one period a perfect mania for the lancet, and let the complaint be what it might, nothing else was adopted as the first course in every medical desert.

Of late years, however, the faculty appear as if to awake from a dream, and the practice now has greatly subsided; indeed, most physicians now agree in thinking it altogether useless, even in those diseases which hitherto claimed it as a specific.

Doctor Beach on this subject says—

"I am perfectly satisfied that there is no necessity of bleeding, scarcely in any case. A few days ago I was called to a patient laboring under a violent attack of the pleurisy. Almost every practitioner, however averse to blood letting in general, recommends it in this disease. As soon as I examined the person, he requested me to bleed him, and give a dose of mercury and rhubarb, as a certain physician always was in the custom of doing in this complaint. I intimated to him that nothing was more common

than for physicians to disagree, and hoped that he would abide by my directions. I, in the first place, ordered a decoction which produced a most copious perspiration. This was about four P. M. Early the next morning a vegetable purgative was administered. I called to see him on the same day about twelve o 'clock, when I found the inflammation and cough had subsided; the pain in his side, which was very acute, entirely gone, and all symptoms of the disorder, which were violent in the extreme, abated."

Just so, I am fully convinced that hardly a case exists in which bleeding becomes necessary.

About two years ago I was called in to see a man in typhus fever; when I took my seat at his bed-side I found that he had been many days ill before I had arrived, and that the fever was then on a turn, which from circumstances looked quite unfavorable; the patient during lucid intervals requested me to bleed him; he said the doctor he had formerly employed, always bled him the first thing; now, to bleed the man under such circumstances must of course have been instant death, surely he wanted all the blood his constitution could command, and to rob him of what he should depend on for his life, would have been rather too bad. I told him so, and he appeared to be rather disappointed, but said he would take whatever I thought best. I immediately commenced with one of my courses, and before dark that evening I found a great alteration for the better; leaving my medicines, with proper instructions, I departed and did not see the man until nine o'clock next morning, when, to my surprise, he said, (before I could get time to address him,) Doctor I feel better to-day! I now put him through another course, and before he finished it, he was out of danger!

Let us now see what are the immediate effects of blood-letting.

FAINTING.

This is a natural effect of bleeding, and who can witness its concomitants without perceiving the inconsistency of the act, when supposed a curative in disease. The first sensation the patient

feels is dizziness, then loss of feeling, the breathing affected, until the patient is observed to draw long sighs. The pulse and heart beat slowly, while the whole frame becomes cold, and clammy with perspiration, and not unfrequently the result on recovery, has proved to be delirium. Convulsions also attend the act of bleeding; in this case of course the brain becomes affected by losing its usual energetic appropriation; in fact numerous well attested experiments on the inferior animals prove beyond a doubt that convulsions and death are consequences upon blood-letting.

DELIRIUM.

This also is an effect of blood-letting, in some cases to be sure it is only temporary, but it has often ended in perfect madness; were there but one case of insanity occurring from the practice it is not too much to say, that it should be entirely given up.

SUDDEN DEATH.

It is a certain fact that even sudden death has been caused by bleeding, and I shall copy (in concluding this subject) the remarks on the death of Washington, as I find it detailed by Doctor Beach. The Doctor's work thus speaks—

"Think of a man being, within the brief space of little more than twelve hours, deprived of eighty or ninety ounces of blood; afterwards swallowing two *moderate* American doses of calomel, which were accompanied by an injection; then five grains of calomel, and five or six grains of emetic tartar; vapors of vinegar and water frequently inhaled; blisters applied to his extremities; a cataplasm of bran and vinegar applied to his throat, upon which a blister had already been fixed; is it surprising that, when thus treated, the afflicted general, after various ineffectual struggles for utterance, at length articulated a desire that he might be allowed to die without interruption."

Thus was the father of the Republic bled, blistered, and dosed with mercury, until the heroic Washington, that had braved dan-

ger and fatigue, was forced, through the mal-practice of the day, in physic, to succomb.

I can not close these observations better than transcribing the few remaining sentences of the able author already spoken of—he says—

"In concluding this chapter on the morbid and dangerous effects of blood-letting, I anticipate the remarks of an objector or enquirer, 'Do you then reject bleeding in every disease?' In answer to which I have to observe, that ever since I commenced the practice of medicine, I have witnessed the effects of bleeding in different diseases. The practice has been so popular, and recommended by such high authority, and been adhered to by physicians for such a great length of time, that I concluded to follow it, until I satisfactorily ascertained the effect of it upon the system. At one time I even took a bleeder with me in my visits to my patients, and in some degree followed the footsteps of Doctor Sangrado, and bled almost every one of them. I soon found that I injured, instead of benefitting them; and although I discontinued the practice of bleeding so constantly, and indiscriminately, yet I have for years occasionally resorted to it, till more recently I have laid aside my lancet, and it is now rusting in its scabbard. It is true my students sometimes bleed patients, who *insist* upon its being done, but this is not in conformity with my practice. I can fulfil *every indication* for which bleeding is practiced, by the *substitution of other means more rational, natural, and congenial with the system*, and therefore, after a most extensive observation, and practice at the bed-side of the patient, I must, as an honest man, whatever may be the opinion or practice of others, adopt the following maxim, *seldom or never bleed.*"

CHAPTER XXXVII

The Knife—Amputation—Dislocations—White Swelling—Cutting for Cancer—Fistula—Rupture—Aneurism—Trepanning.

What a curious thing habit is, and even when the lives of the people at large are hanging on the die, even then habit will not restrict itself, but go on just as if custom made right what to our experience we know to be wrong. Thus in the cases under consideration, how many cures are attempted by means of the knife, when no necessity whatever requires it; on the contrary, when all the indications requisite can be arrived at, by other and simple means; but habit calls for the knife, and as it were to show consummate skill in the handling of it, every poor patient must submit to be mutilated, in order to raise some one to the rank of a good carver. If indeed the line of demarcation was so nicely defined between disease and health, as to be sure that no traces of disease will be left behind after an operation, there might be some plausability in the wholesale slaughter; but as is too often the case, when the diseased parts spread out almost imperceptibly into the healthy parts, and that no certain line of distinction can be traced, then common sense asks how does the surgical operation effectively cure disease?

It is truly gratifying to see under the present enlightened age, that medical men of all nations cry out against the frequency of cutting and carving the human frame. Hear what a celebrated English physician says:

"If operations, bloody, cruel operations, are looked on with admiration it can only be by those, who regard plague, pestilence, and famine, as beneficial also. No!—operations are our opprobrium, our disgrace, not our proper and legitimate boast; the mere operator is little better than a human butcher by rule. There is too

great a taste for the knife at present; operations bring discredit on surgery; unsuccessful ones, even when perfectly justifiable, inspire doubt and repugnance to it in the public mind. Patients who see or hear of their relations or friends submitting to barbarous and frightful maimings, only that they might live for a month or a week, feel no great relish for the knife when its use might bring safety and a cure. What a sarcastic, what a damning catalogue of *great* operations performed within these last few years, might a diligent cynic compile for the gratification of the world."

AMPUTATION.

Let us see how the great rule is applied in the different cases of amputation. Is it possible always to be sure whereabouts to cut when mortification sets in? This appears to me to be always problematical until time shows whether sloughing will take place or not, in the limb after the operation. If the limb slough, where is the effect of the surgical process. It is of no use; where then is the certainty, and where the remedy? the disease has too many ramifications, and of course no operation can command it entirely, so without other means the patient must fall. Such a case I contend for it, can have no good result under the knife of the operator, and therefore can alone look to medicines, and those vegetable ones too, for a satisfactory result. One case in point I can mention among others in my own practice.

I treated a man with my courses according to the New Theory, who had a sloughing in a limb, after sloughing had commenced. The case was one of the first that had come under the application of the New System, and of course I was anxious to watch its progress, so as to see if theory and practice would agree; to my gratification I found after a few courses the sloughing began to decrease, and the stump to show a healthy intention; in two weeks the man was well!

DISLOCATIONS.

In consequence of some of the best authorities having almost entirely given up the knife, there are but few amputations now, propor-

tionally to those of former years; still it would be indeed desirable if the knife was less used even than it is. The late Sir Astly Cooper set his face against the practice, and it is not too much to hope that his successors in every country may do the same. In dislocations there cannot be any pretext for it; and no doubt operations for such accidents will in future be unknown.

CANCERS.

Operations for this disease have never been more than transient; were we to know the history of every patient who has been operated on for this disease, we should no doubt find that at some period within a year or two it returned in all its violence, and as the disease is a fearful one, and females subject to it, I cannot but impress the reader with the absolute folly of looking to the knife for a cure; depend on it, it cannot do away with the disease; nothing but medicines that will attack it in the system can be depended on. I have therefore on hand always certain courses of medicines according to the New System, by which I undertake the *radical cure* of this terrible disorder. I have so fully tested the thing that I have reduced it to a mathematical certainty, and only require a letter, or a call to prove what I assert. If there be a philanthropic act done in the world, surely without egotism it is providing a certain remedy for this terrible bane; this I consider I have accomplished, though not by *arsenic* as some are supposed to use.

WHITE SWELLING.

Here is another case where amputation only makes matters worse. Be warned ye children of men! — amputation is not necessary in this case. Your leg may be saved, can be saved by medicines, when by amputation your leg must be lost, and the probability of your life also.

FISTULA.

Operations for fistula are terrible, and rarely have ever been attended by success. It would be soul harrowing to enter into a description of this surgical operation; it would make the blood

run cold, and if it were surely attended by a good result, there might be some satisfaction in bearing the terrible ordeal, but it is no better in this case than in the former, and thus the poor stricken patient is destined to drag out a miserable existence.

RUPTURE.

I shall mention one case in particular of rupture, that I successfully treated after a consultation of physicians had pronounced it incurable except by operation. The patient was a very fat lady, and the case one of abdominal strangulation; she very fortunately was entirely against the operation in a surgical point of view. I was sent for by her, at the request of a friend who had heard of my success elsewhere, and the moment I arrived and made a proper examination, I told her if she wished I would try my method; to which she assented as soon as I promised her that the knife should not have any part in the performance; when I told her that my belief was that she would die under an operation of the kind, and that my practice was in direct opposition to such, she immediately complied. I now procured the assistance of three or four able bodied women of nerve to assist me, and preparing all things I had her suddenly inverted, that is made to stand on her head; the operation was sudden, and during the inversion I was favored by being enabled to reverse the casualty that had occurred, and giving her a course of my medicines had the gratification to find that the fæces were discharged by the natural route, the sickness at the stomach entirely allayed, and from that hour she gradually recovered.

Thus I consider under providence that this complicated case was successfully treated, without the use of the knife. It will not be wondered at, that I became her family physician always afterwards.

ANEURISM.

Where large arteries are concerned, this is a very fatal disease; indeed it cannot be otherwise; who could think of even tying the arteries of the heart with any degree of success; but there are

some few cases perhaps where arteries may be stopped for a period so as to lengthen a patient's life for some purpose, such as the settlement of worldly affairs—all attempts, therefore to cure a complaint of this nature by the knife is useless.

It is a fact, therefore, that the whole community is over-operated on.

CHAPTER XXXVIII.

Symmetry of the Internal Man.

The most casual observer will acknowledge the wonderful symmetry, and beauty of the human frame. It has been laid down by all men of learning and of taste, that symmetry and beauty are contained in a deviation from the straight line, and that natural objects never show themselves in mathematical figures. If we contrast the pictures traced out by children, as representations of men, we find them generally composed of a figure of a tea chest, with arms and legs, and a round or circle stuck on for the head. If, I say, we contrast this square representation with the departure from the straight line, in the real contour of the human frame, how soon we shall be convinced of the beauty exemplified in the structure made by the Allwise. In architecture from year to year there were improvements, until it was agreed that the five orders disputed the palm, and thus has man's limit in the beautiful rested even unto this day; indeed so far from these very orders being established by design, we find that the Corinthian order was designed by chance.

The beauty of man, externally, is the theme of admiration all over the world, and it is no less so internally; indeed the machinery of the living being is the most beautiful, and the most harmo-

nious that finite capacity can contemplate, and sufficient surely to induce us to give all homage to the great creator, who

> Plants his footsteps in the sea
> And rides upon the storm.

In contemplating this subject, I have been struck with a very lucid description given by Doctor Fitch, and it is so clear, and excellent, that I cannot forego the pleasure of inserting the extract entire. The learned Doctor says—

"I now come to speak of the symmetry of the body. I mentioned to you, that symmetry *was the very key of health;* that the human system is a machine, put together, and acting upon mechanical principles; that each part has its appropriate bearings, every part being constructed to a symmetrical arrangement. These remarks applying to the external form of the person, also apply with equally great force to the internal parts of the body. I believe that all diseases proceed from two causes only; one is loss of symmetry, either in size, proportion, function, or integrity; the other is from poison. The human person may be likened to a box or trunk. Now, suppose this trunk, the person, to be laid flat upon the back, we should then find the bottom and sides mostly solid, whilst the top or covering of the trunk would be solid only at one end, across the chest, whilst the lower part of it is covered with elastic belts. Now fill this trunk full, as it is laid flat on the back, and set it up on one end, we shall find that everything inclines to settle down to the lower part, and press against the elastic belts; now unless these belts are extremely firm they will become relaxed, or stretched, and allow the different parts of the inside of the body, more or less to fall down out of their places. On examining the trunk of the body, we find the lungs, the heart, with the blood vessels, air-pipes, &c., &c., besides some small glands, filling up the whole chest. These parts possess considerable weight. The chest is a basket of bones, entirely open at the bottom, or its only floor is a loose, fleshy, moveable curtain, that floats up and down between the chest and abdomen. At the top of the abdomen, towards the left side, and stowed up against the

loose floor of the chest, we find the stomach, that when full, with its contents, weighs several pounds. We find also, the liver at the top of the right side of the abdomen, a solid, heavy mass of several pounds weight.

"Beneath these, we have the large bowel, which, with its contents, is very heavy, and besides these the caul and the small bowels. All these, in some large persons, weigh fifty or sixty pounds, or even more. Now all this immense weight, checked only by slight fastenings, is at last fully supported by the abdominal belts, by the belts that cover the front of the abdomen, which take their origin or insertion from the lower edge of the breast bone, from the lower edge of all the short ribs, from the back bone in the small of the back, and from the upper edge, all around the basket of the hips. Whilst in perfect health and whole, these belts keep all the different parts of the inside of the body, fully and snugly up to their places; but when broken any where, very promptly we see the bowels gushing out, and dragging every thing inside out of its place; and if any way considerable, the individual can neither stand or walk. This is exemplified in the case of ruptures."

Here we have a review of the wonderful organization, or internal economy of man; where, may we ask, is the most subtle piece of mechanism that has ever been invented by man when compared to this machine, and then, after all, the power of giving life, and energy to the whole mass!—who can comprehend this?

In connection with this subject may be mentioned that of abdominal supporters. It absolutely becomes necessary very often, both as a preventive, as well as cure, to have recourse to such a process, and the necessity for their use by both sexes. There is great necessity for a perfect knowledge of the disease in order to have the proper required support, as numbers of persons have been ruined, especially females, where improper supporters were improperly worn, and by which disease has been engendered, in place of cured. I would therefore advise all persons to be extremely careful not to use supporters at all, without the advice of a physi-

cian well skilled in the matter; I have arranged this so satisfactorily, that any communication on the subject can be replied to satisfactorily, and I have such supporters, as, with instructions, will raise the abdomen into its proper, and primitive place, without deranging in the least the action of those parts contiguous, and which should not be borne upon, or looked to for assistance.

Of course it does not always follow that supporters by themselves will secure a perfect cure, but the support is actually essential, while medicines are employed, to bring back the tone of the natural belts so as to perform their own functions without artificial aid.

I have found a strict attention to these principles absolutely essential on the part of my patients, and the result has always been satisfactory.

Almost the last words I invariably give to those who seek my counsel, is, after prescribing for their physical necessities, to recommend them to help me, by a corresponding symmetry *of the mind*; how much depends on this feature, and but few patients seem to understand it; it is an essential requisite however, for we find children who are mentally unconscious of what is going on, struggle successfully through diseases that would lay nine-tenths of our adult population in the grave

Let your minds under disease be as peaceable, and unruffled as possible.

Dr. Fitch on this subject also says:

"In conclusion I cannot pass over the vast importance to health, that the mind, in all its parts, should be well balanced; no one attribute of mind acting at the expense of the others. A disordered, and distempered mind is totally incompatible with health and long life. It soon destroys the body of its possessor. Tranquility and repose of mind, are indispensable to health and long life. It is an interesting fact, that all the vices contribute to disturb the mind, whilst all the virtues contribute to its repose and tranquility. The effect of vice is to shorten life, and destroy

health while we live. On the other hand, virtue in all its demonstrations, inclines to lengthen the duration of life."

Truly the mind has a great part to play in the remedial agencies to enjoy health; indeed, many who have been cursed by irritable dispositions have suffered for years under disease, that would have given way long before under the influence of proper treatment. A physician can find medicine, and advice, but he cannot find a placidity of temper, to back up his advice and prescriptions on all occasions.

I had a patient once very much afflicted with the neuralgia, whose whole nervous system was deranged; he suffered very much indeed, and had tried every kind of physician and nostrum. I saw him on a great many occasions, but I could perceive that with his irritable temper, little could be done to allay the disease; his spine was dreadfully affected, and he could not rest at times, either day or night. It was curious to trace the powers the mind exerted upon his complaint, and when circumstances in his business were reported to him in his sick chamber, if they were of a flattering description the disease almost seemed to leave him, but if the contrary, the pain would appear to increase, and oaths would mostly be the result. He was a complete miser in money affairs, and if the gold came in, no matter in how few dollars, he would become quite agreeable, was sure to feel much better and he fancied himself comparatively well, as the glittering coin passed from his hands to his purse; gradually the excitement wore off, and the same *savage* (for I can call it nothing else) nature appeared until the next post came in, which was sure to be the arbiter of his pleasurable feelings, or his rage. At one time he considered his recovery impossible, and a thought seemed for the first time to flash across his mind that soon he should leave the *gold*, and all his transitory affairs, for (to him) some other unknown existence. Religion he had none, so cunningly scanning over the various creeds of the nation, he wisely thought that at the eleventh hour, that system which discarded future punishment suited his case best for the mo-

ment, professed his belief, and when the disease really lessened, left it, *like Agrippa, for a more convenient season.*

It is needless to say that his mind was the sole cause of his lingering so long, and that had he been gifted with a religious, complacent, mental feeling, and disposition, he would have been a well man long before.

Let me entreat my readers to lay in such a stock of religious, and moral feeling, that should the Almighty dispenser of all things, seem good in his wisdom to afflict you, you may be able to show such a front to the attack, as that under providence and the skill of able physicians, your bodily suffering may be so greatly abated, that you may rise again without delay, to health and your family circle.

CHAPTER XXXIX.

Virtue and Vice in connection with Medicine.

Of all animals, man is the most helpless on coming into the world; every other animal is more easily reared; but man is helpless indeed, while if left to himself would have no hope of existence, and it is only by time, degrees, and education that he arrives at manhood. Inherently a child could ascertain nothing by sight; if it were not to hear the things around and about it, called by certain appellations, and on their being so called then used, it would never be certain of distinguishing one thing from another, or one person from another; the human being is, therefore, a creature of habit, and this proves how much in after life depends the education which the child receives, and whether the moral tone of those about it, is such as to lead the future man to virtue, or, on the other hand, misery and vice. How well it would be before persons enter into the marriage state, to get a glimpse

of the necessity of proper action in the tuition of the young, and the heavy responsibility they will have to bear, if by negligence or positive malfeasance, their offspring grow up only in dishonor to themselves, their sires, and the country at large.

There are generally three stages in life; childhood, maturity, and old age. There are many persons who imagine that childhood is the happiest period, others that the school boy days, when care forms no ingredient in the affairs of life, and again others who having buffeted the waves of life for long years, have outlived misfortune, friends and enjoyment, and are but too happy to think the time short, when a resting place will be awarded to their weary limbs.

CHILDHOOD.

Every age has its pleasures, and its alloy. If the child has no care, from want of knowledge, still when we see the numerous complaints it is subject to, the everlasting restlessness for something it cannot describe, the pain it has to undergo because it cannot tell what the matter is; surely we must say the child has its own sufferings.

SCHOOL BOY AGE.

In the school boy days to be sure, still there is no care, but if there be not, there are many joys attendant on more mature years, to which the school boy is a stranger, and the centre of gravity still is doubtfully poised.

MATURE AGE.

In maturity the man has come to a perfect knowledge, we will suppose, (for he ought to,) of the objects, and intentions of his existence, and thus we should suppose that, guided by all the acquisitions of his period, he would be able to shape a course more independent of evil than the rest; but here again we find, that the excess on the one part is again balanced by the defects on the other; so if he has greater enjoyments offered to him, he has also greater difficulties to surmount. The business that now entails

upon him, in order to have those enjoyments, brings with it disappointments and losses, and thus the balance is still trembling and uncertain.

OLD AGE.

In old age it is the same thing. As soon as a man is physically and mentally past the age, he is soon forgotten; forgotten at once by the community generally, and nearly as soon by his relatives; he becomes like the old horse, worn out in the service, and because he cannot still work, his former toils are not thought of, and he is cast to the dogs. Here also the balance trembles, and if the hard worked old (beast) man has not sufficient money to have his *shoes* taken off, and the means to purchase a *meadow* to ruminate in during his last hours, he must be satisfied to die without *friends!* and without a home.

On this subject it may be instructive to quote the following passage from the work of Mr. Bentley, an Englishman:

"Death, sooner or later, comes upon all men. If our physical laws have been neglected, or disobeyed, it may come early, to stop further transgression, and suffering. It may seem hard for us to suffer disease and early death, not only for our own physical errors, but also those of our parents, yet there is much benevolence in this seeming hardship of 'visiting the iniquities of the fathers upon the children, unto the third and fourth generation of them that hate' God; as this law tends to arrest the spread of evil which might, if not thus checked, destroy all human happiness, or even extinguish the whole family of man. No diseased individual, family, tribe, nation, or race, can long continue to transgress God's laws, without meeting inevitable destruction; but he encourages to well doing by saying, 'I will show mercy unto thousands of them that love me, and keep my commandments,' so that blessings are *not confined* to the 'third and fourth generations.' The good man endures disease, under the consolation, that He who inflicts it always punishes with the least possible amount of severity; and calmly awaits death, not as the 'king of terrors,' but as a messen-

ger from the giver of life, come to '*dissolve*' the 'earthly house of this tabernacle,' making room for others on our limited stage of existence, to be ushered into a boundless eternity of bliss, and hear the glad tidings, 'Well done thou good and faithful servant, enter into the joy of thy Lord.'"

EFFECTS OF VIRTUE ON THE LIFE OF MAN.

There is no one that is absolutely unacquainted with the fact, that a tranquilized mind tends greatly in individuals to their recovery from disease; it is this that induces me as a medical man to point out these things, which many persons might be disposed to think are more fitting subjects for the discourses of pulpit orators; but when it is considered how much these influences run into the medical profession, and how much the cultivation of virtue aids us in our endeavor to overcome disease, surely it will at once be conceded that of all professions, ours is the one that requires the cultivation of moral requisites more than any other; besides, as we are brought into contact so often with both sides of this momentous question, and perceive the little trouble to the one class, to get rid of disease, and the lingering nature of the other, surely we have a right to expatiate on, and point out the benefits of the one, and the evils of the other, if by any means we lessen disease among mankind.

I shall only enumerate a few of the prominent virtues, which predominating in well tutored minds, act like a charm when the person possessing them happens to be afflicted with disease.

RESIGNATION.

How calm will be the mind who having a full assurance that providence works in all things for the best, sees in his dispensations that being the God of love, he designs the evil for some good purpose; the brain is therefore undisturbed; the whole frame is, through the medium of the nerves, quieted, and the physician sees at once, that as far as possible all things are favorable towards his efforts to restore perverted nature. Thus is another virtue enlisted.

HOPE.

Here then comes another auxiliary which all physicians know to be of great importance in restoring the stricken man, and the cheerfulness that it engenders, helps in no small measure to a final cure.

CONFIDENCE.

What can be more important than this virtue; it is tantamount to faith, and therefore almost equal to the removal of mountains; confidence in the great I AM, and under his providential care, confidence in the medicines administered.

KINDNESS.

This is truly a great virtue whether in sickness or in health; it is the equivalent to the great axiom "*love one another*"; how pleasing to see even in a sick chamber, expressions of kindness from the mouth of the sick man, and the reciprocity in its return by those who so hope, that soon the invalid will be restored to health.

FORGIVENESS.

This is a peculiarly blessed trait in all, but when sickness is present, what can be more delightful than to see all old animosities buried in oblivion, and the once disunited forgive and forget.

COURAGE.

When the Saviour said to his diciples, "In the world ye shall have tribulation," he also added "but be of good cheer I have overcome the world." Good cheer! what is this but that they should have courage; and how well it would be if *all patients* be sure to have this courage, how lightly would disease sit upon them.

LOVE.

It would be hard to be possessed of the other virtues enumerated and be wanting in love; this love is the one indeed which passeth knowledge, and is so universal as not simply to be confined to a few devoted friends, to a small or even a large community, but a love that embraces all mankind.

How much more reason would medical men have for thankfulness, were *all* their patients thus imbued, and with what alacrity, and satisfaction they would give their advice, and administer their medicines, knowing, that the mind was devoting all its energies to help them in restoring the disorganized body to its wonted state of energy and health.

Unfortunately the medical profession have to contend with a great deal that does not emanate from these circumstances, and when a patient falls, how seldom the public know how to weigh all the considerations that have been opposed to the exertions of the medical attendant. How can it be expected that favorable issues will arise from vices, perhaps of an old growth. How can a man really expect to see his exertions attended with success, where the patient is the unfortunate possessor of the evil passions of our nature? impossible. Let us look at a few of those evils by way of contrast, and it will soon be seen what medical men have to contend with, unknown to the world. Is it not too often the case that a physician has merely to *order* certain medicines, and that those must effect a cure, or he is no physician at all; as if the patient has got no part to play at all in the recovery.

I shall enumerate a few of the vices which sometimes almost bid defiance to medical skill.

DESPAIR.

This vice proceeds from the want of hope in the infinite goodness of God, and acts on the brain and consequently on the nerves, thus frustrating the intentions of the physician, as he is very often obliged to administer something soothing first, and thereby loses time in making a successful cure. Then we may have

REMORSE.

How shocking it is to witness the effects of a troubled conscience on a sick bed, and with what earnestness you will find a patient sometimes regret matters that have occurred, and that need to be repented of; how many like Queen Elizabeth offer worlds for an hour's life. Here again the physician is thwarted; the system

enervated, the brain in painful operation; in fact *all* telling powerfully against medicine and medical advice.

REVENGE.

This is an ignoble passion. It has been often said that a brave man stops at the sight of a fallen enemy; but what shall we say of the man who carries animosity to the grave. How noble the impulse that will prompt a man to succor his enemy, if circumstances should place him in his power, and thus "heap coals of fire on his head."

PROFANITY.

This is another foul blot in the escutcheon of the invalid; how monstrous it is to hear a sick man, (and the cases are not few,) vent imprecations on the head of his child or his nurse, if a moment too much according to his calculation is spent in bringing a drink of tea or of water to his bedside; how let us ask, can a favorable issue be hoped for under such blasphemous circumstances, except indeed, that the tares and wheat must grow together until the harvest.

FEAR.

The Scripture says "*perfect love casteth out fear;*" we see then, that where *fear* is, love cannot be, and here again the faculty have an enemy to their endeavours to exterminate disease.

ANGER.

Who can but feel regret to find anger a component part in the constitution, figuratively speaking, of the sick man, and how necessary to allay the irritation, before any medicines can have a fair chance, or the patient hope for a favorable issue to his case.

Let us now take a short review of what we have been laboring to explain, and we find *all the virtues* a great help in restoring the sick to health, and we find on the other hand all the *vices* utterly opposed to the well being of the sick man, while they are often the cause of the medical man losing his reputation, because forsooth he cannot perform miracles, by making a cure, against all the contingencies produced by vice and its concomitants.

Dr. Fitch's observations on this subject are worthy of all commendation, and I cannot lose the opportunity of having the benefit of his experience on the truth of what I have laid down. The Doctor says:

"The sword has slain its thousands, but these vices have slain their millions. Go to the gallows, to the States' prison, to the murderer's grave, to the resting place of the suicide, to the hospitals for the insane, to the residence of the outcast, and they will tell you, in words not to be mistaken, the effect of these vices. The diseases engendered by them are among the most terrible the human machine suffers. It is out of my power now to tell you the number of deaths annually arising from these vices. But, taking the whole habitable globe, the number is absolutely incredible, and contributes greatly to shorten human life. On the contrary, see how peculiarly friendly to the human machine is chastity, purity, and virtue. No triumph can be greater than that of the ardent man over his passions. And this triumph greatly contributes to lengthen his days. Let me also say that, in general, all our vices unite together, and contribute to strengthen each other, and whether few or many, they are always at war with the peace, and health of the human machine. All of them together contribute largely to shorten human life. It is another curious fact, that none of these are so incorporated with the system, as to be uncontrolable or out of our power to prevent, and cannot be said, in any respect to form a part of the human machine in any way; they being entirely under the control of the will, and, whenever present, exist as abuses, none of them ever being committed voluntarily, we must always consent before we do them. Again, all the virtues unite together and support each other. Each triumph we make over vice, powerfully strengthens our virtues. All the virtues contribute to the well being of the human machine, and give a mighty preponderance to those elements that strengthen and fortify it, contributing to confer upon it immunity from some diseases, and assist to bestow upon it great length of days, even the days designed in its original formation, which I believe to be from

one to two hundred years. I said that I had noticed these facts in relation to virtue and vice as a physician. Allow me now to add, that I delight in them as a christian. They assist much to strengthen my belief, that when that change comes to me, and will come to us all, my eyes will then be opened to that other state of existence, whose glories and grandeur are heightened by the feeling that there can be no change except from glory to glory, and whose great endowments are health, purity, and immortality."

I am happy in joining issue with the foregoing christian observations. Who that has ever felt the love of God shed abroad in the heart, but must see that the more we excel in virtuous qualifications as professing christians, the higher intelligence we may hope for elsewhere; that our enlightened capacities here only give us a relish, and a longing for that purer state, where neither disease nor death can affect us.

In concluding this subject, I shall, merely in a short way, review the three great divisions into which the human being may be considered to be divided. I have remarked in a former place that those materials necessary for our existence, are the very things that are quietly killing us. Air we must breathe, yet every breath helps to wear out one of the main springs of our existence. The food also that we crave for, and which we must have in order to live, is wearing out the stomach in its operations to keep up vitality; thus are we *living, and dying, while we live!* and thus is man a complete paradox.

FIRST DIVISION.

The brain may be considered the first division, or the mental portion of the human being, the seat of life, the abode of intellect, and the repository of that principle which it is supposed will never die.

SECOND DIVISION.

The heart, lungs, stomach, kidneys, &c., are the components of the second division; as they are in fact the propellers of the ma-

chine, and must work handsomely together or disease will set in, while the

THIRD DIVISION

may be those organs which are the means of propagating the species.

It appears evident, that no matter how you may subdivide the human frame, still all the parts you can enumerate fall under one or other of these grand divisions; indeed they embrace every thing connected with us as human beings, and when all these parts act fully in unison, none obliging others to do more than their own share of the work, health will be the result, and the object of our being will be fully attained.

How necessary then is it, that every one (not medical men alone) should be acquainted with himself, thus will a man know the danger of acting in opposition to the laws of nature, and knowing what will be the result, pause before he does what is against health. As there is no excuse for ignorance, so there is every benefit in knowledge, more especially when such knowledge will enable every man to fulfil his destiny in that life, to which it has pleased God to call him.

CHAPTER XL.

Vegetable Medicines.

SARSAPARILLA.

The Spaniards have the honor of first bringing into notice this useful root, and by all accounts its properties were first discovered by its use in the middle of the sixteenth century. Of late years it has got quite commonly into use, and there is no doubt but it

is one of the first blood renovators we have; to be sure this root no more than other could escape adulteration by the quacks in medicine; hence we find it often mixed up with corrosive sublimate and other poisons. As it can be easily obtained, however, the best way to use it when it is only required by itself, is to get the root, and make the liquid irrespective of all the dealers, in the market. It can, indeed, be compounded with other herbs that add greatly to its effect, and I have myself a course of it, that never fails to extirpate such diseases as scrofula, *et hoc genus;* it is one of the most useful roots known, and very questionable whether all its properties are yet completely known.

SASSAFRAS.

This herb is so well known that little may be said on the subject; the root, leaves, and flowers are made into a tea and drank; it is also very commonly chewed; a very valuable oil is deduced from it; it is also a purifier of the blood.

SLINK WEED.

This weed by the learned is called *stramonium*, and by others Jamestown weed, it having been first used in Virginia by a party of English soldiery, who using it as a vegetable, and of course not knowing its qualities, all went more or less crazy for a time.

It can be found every where in the United States, and has at times been wonderfully successful when given in small doses in curing insanity. It acts as a strong narcotic, and if taken indiscriminately becomes a poison; still administered properly it is an excellent cure for fits, and is used also in poultices with great effect; altogether this weed is one of the most valuable we have, and in conjunction with others is invaluable in a great many diseases.

DOG WOOD.

This is another valuable article in medicine, and the bark is considered by some equal to Peruvian; it is also an excellent purifier of the teeth, and the berries are used to make bitters.

WILD CRANBERRY.

This berry is well known, and a very useful one in some diseases. "It is a low shrub, which grows and spreads itself near the surface of the ground, and has hanging branches, bark of a redish or pink color, and is thickly set with oblong, oval, and entire fleshy leaves. The flower is oval shaped, and broader at the base than at the mouth, which has an edge scolloped into five divisions, with small blunt and curled points." It is an excellent medicine in conjunction with others for all urinary diseases.

MAY APPLE, (*Mandrake.*)

It must be borne in mind that it is the root of this vegetable that is of value only. It is generally used as a purgative, and in many cases with good effect. I have known some constitutions to be repelling to it, but when used in connection with other herbs it is most useful. The time to gather it is in the month of November, and as it is much used by the Indians it may be considered a valuable root. It is sometimes used with excellent effect in cases of colic.

SLIPPERY ELM.

In every respect this tree deserves our special notice. It is indeed one of our best remedies in many diseases, and is used both internally and externally. In the case of wounds where suppuration is desired it becomes an excellent poultice. In dysentery, and consumption also, it is used with other things with wonderful effect, and it acts wonderfully soothing on the bowels; it can be taken also in the shape of jelly, resembling that made from calves feet, altogether this is one of the most valuable medicines we possess, and deserves the greatest possible confidence in its healing qualities.

BONE-SET.

What the derivation of this name is I am not prepared to say, but as the poets say, "what's in a name;" the nature of the plant

is all we want, and in truth in its nature it is one of our most useful applications to disease.

It is found plentifully at the edges of ponds, in low damp places, that are surrounded by woods. When tasted it is like most plants, very bitter to the taste, and an astringent. It is a fine tonic, and when drank in the shape of a tea, invariably produces great perspiration. It is therefore much used in common colds, which when neglected very often induce consumption. In fevers also, its value is perceived, because while not adding in any way to the fever, it at once produces perspiration. It is much used by the Indians in fever and ague. In connection with other medicines also it will cure rheumatism; indeed, its uses are so various and effective, that too much praise cannot be bestowed on its recommendation, a full proof that the wise governor and ruler of earth has given us the "*herb after its kind*" to resuscitate the frail tenement when anything goes wrong. With what a watchful eye we should guard against the use of *minerals;* they were never by nature intended for man's use, but assuredly will if taken, lead to the most awful consequences.

THE BLACKBERRY TREE.

This is another gift among the herbs of the field, whether the berries or the roots are used, they are both excellent remedies, especially in all bowel attacks. Among children it is a great specific; it is good by itself but still better in union with other medicines. There is one piece of advice necessary to give the heads of families. In cases of using this root, it is quite necessary to be sure that no matter uncongenial to the system is left in the stomach or bowels, before applying the juice of the root internally. If morbid secretions are left behind, they must be got rid of before taking the decoction, otherwise the cause of the disease is only the more hermetically sealed. Many bowel complaints are only the effects of nature trying to retrieve herself, and until these obstructions are removed, it would be a fallacy to use the blackberry decoction.

CAMOMILE.

Every one is conversant with this plant; the flowers are excellent, and an excellent tonic is derived from them. It is generally used to create an appetite; it must be drank cold and in moderate quantities, it helps an irritable stomach wonderfully, and is found very successful in allaying cramps. Its uses and properties are so well known that little may be said more about it; it is in connection with other medicines one of the most useful plants known.

SAGE.

This garden herb also has the quality of producing (when drank as a tea) great perspiration. It may be used safely in fevers, and was considered among the ancients as a real specific in all and every disease.

BLOOD ROOT.

This plant is entirely indigenous to North America. The leaves and seeds of it are poisonous, and should never be used no more than those of stramonium; the whole value is in the root. It seems to be of great service to old sores, that are hard to heal, and may be used externally as well as internally. In ulcerous sore throat, and croup, it is also a good medicine when combined with others, and when used carefully will be found valuable in many natural diseases among females. It may be used either as a tincture or a tea.

TANSY.

This herb grows wild and like others is generally used as a tonic for the stomach. It is useful in a family, and when in connection with other medicines, a good ingredient in exterminating worms in children.

SENNA.

This plant makes a valuable, and quite harmless purgative medicine, and is mostly used in connection with manna or with herbs of different kinds. There is one uncomfortable thing about taking this medicine by itself; it causes considerable pain. It is used as

a tea, and is much better when used with manna. There are other things when compounded with senna make it a very useful auxiliary in disease. It is a plant not indigenous to Europe, as the American senna has been in many cases found to be just as good as the European kind. I have used both myself, and do not see the difference, however those who prefer the European kind can have it, as it has been imported into the United States, and now grows here.

MANNA.

The word manna brings to our recollection the scriptural account of the feeding of the Israelites with it in the wilderness. It is supposed by some doctors of divinity that it derived its name from the Hebrew word *Mahna*, that is, what is it! as it were an ejaculation of the starving people when they saw it descending; be this as it may, it is a simple, and useful article as to its remedial effects. It is indigenous to the coasts of Sicily and Calabria, and that vicinity, and flows from the tree in a kind of liquid gum, which the sun hardens into flakes; it may be thought curious how the people could live upon it, and it is a purgative, but the fact is, that unless taken in large quantities it will not have a purgative effect. As will be perceived, it has a sweet taste, and on this account is easily administered to children. It is extremely mild in its operations, and is generally used with senna.

RHUBARB.

This is indeed one of the best medicines on record, and far superior to every thing else as a purgative. It takes some years to come to perfection, and the Turkey rhubarb is the best.

A physician of considerable note says on the subject of this plant—

"Rhubarb is one of the mildest, best, and pleasantest purgatives now in use in this or any other country, because, with its purgative powers, it is also astringent and strengthening; and in this it certainly differs from almost every other purgative of the same class known in medicine. It is superior to nearly all others

for another reason; it may be taken with opium, and act on the bowels, as well as if taken without. This is a vast advantage; because where purging would be connected with great pain, its being combined with opium relieves the pain, while the rhubarb is left free to do its duty. The operation of rhubarb is slower and milder than any other purge; but it is very certain in its effects, when given in proper doses."

Truly, rhubarb is an excellent medicine, and especially for those who have a costive habit of body, or are afflicted with indigestion, or nervous complaints.

WILD CHERRY.

This is a useful tree, and is used in combination with other medicines, for the cure of fever and ague, bilious fevers, and many other diseases; it is also made into beer, and makes not only an agreeable, but also a good medicinal drink, partaking greatly of the properties of Peruvian bark; combined with snake root also, it is much used with advantage. It is good in dyspepsia, and consumption. It is a root well known for its pure medicinal qualities.

INDIAN TOBACCO, (*Lobelia.*)

This is a wild herb, growing in common even on the highways. Its chief properties may thus be described, as recorded in an American treatise on medicine, plants, &c., &c.

"Lobelia is emetic, and, like other medicines of the same class, is occasionally cathartic, and, in small doses, diaphoretic and expectorant; it is also possessed of narcotic properties. The leaves or capsules chewed for a short time, occasion giddiness, headache, general tremor, and ultimately nausea, and vomiting; when swallowed in the full dose, the medicine produces speedy and severe sweating, and great relaxation.

"In its operation upon the system, lobelia bears a strong resemblance to tobacco."

It is wonderfully effective in spasmodic asthma, catarrh, croup, and other diseases.

And here I must remark; how many useful medicines are lost to what is termed orthodoxy; how many valuable roots, and herbs have no share in curing the maladies flesh is heir to, because, forsooth, they have not been regularly entered in the pharmacopeia.

The following anecdote was told me by a gentleman who had served twenty-one years in the British army. I shall give it in his own words

"My youngest child had become very sick, and of course I sent for the military surgeon, who came and saw the child; after making every proper enquiry and examination, he turned to me and said: If you were to employ one of the orthodox faculty, your child would be one month in the doctor's hands, because he could not leave the legitimate treatment used by the profession, your child would have to suffer for four weeks, and you would have to pay roundly for the cure; as I have no object in all these things, I know an herb that will cure the child in twenty-four hours, and true enough I found the child completely cured in the time specified."

Now here is a convincing case. The military surgeon was paid by the government, whether he had sick people on his hands or not, so the sooner he removed them from the sick list the better for himself. In connection with this I cannot forbear transcribing the following from an English publication. Speaking of lobelia, the journalist says—

"It has been recommended in other spasmodic diseases of the nervous system, and it certainly deserves a fair trial; for this is the fault of our profession, if any thing is brought forward new; instead of investigating it, and free from all selfish motives, four, or five, or perhaps more, *Jackpuddings* of the profession, who before were never known, commence scribbling in the different newspapers of the day, about what they *know less than nothing;* and this is the reason that many valuable roots, herbs, and remedies, are at this advanced period of medical knowledge, unknown, or not appreciated fully by physicians."

What volumes these few lines speak, what a vast amount of

useful herbs, and plants, and roots are lost to the world, while their places are filled by mercury, and other mineral poisons.

SNAKE ROOT.

The properties of this root are diuretic, expectorant, and stimulant, and is excellent in hives, and croup, as well as a number of other diseases, particularly dropsical complaints, when given in connection with other medicines is a very valuable root indeed.

YELLOW DOCK.

The properties of this root, when combined with other ingredients, will cure cancers, and forms a fine auxiliary in the purification of the blood; it is also used as poultices for ulcers, and as a decoction, will remove king's evil, or any constitutional bad humors.

BLUE FLAG.

Here we have another noble root, and found all through the United States, on the borders of swamps, and in wet meadows.

It is almost a specific where there is the least taint of a secret disease; in fact in any kind of syphilitic disorder, or in anasarca; altogether it is one of the best medicines of the age, curing every thing, for which mercury has already been so prodigally and fatally used.

WORMWOOD.

Doctor Beach says of this plant—"Wormwood is possessed of very valuable *stimulant*, and tonic properties. When given in moderate doses it promotes the appetite and digestion, quickens the circulation, and imparts to the whole system a strengthening influence. It is given in all cases requiring the administration of tonics, in dyspepsia, in certain cases of amenorrhea, chronic leucorrhea, and obstinate diarrhea."

What can be more apparent than the value of this plant.

GENTIAN.

This is a much prized root, and very properly so ; it is a famous tonic, and in combination sustains its reputation completely. It is used in all kinds of bitters.

FOX GLOVE. (*Digitalis.*)

This is a most useful plant, and the tincture when used to lower the pulse is extraordinary ; in all affections of the heart, it is used with wonderful effect. It is used also for many other diseases.

It would be wholly impossible in a work like the present to enter into a minute detail of all the herbs, plants, and roots which God has spread abroad all over the world, for our use in sickness ; indeed, if examples were wanting of his fatherly care of us, no better *field* could be taken to illustrate the subject ; no want is left without its equivalent, no disease without its corresponding cure ; in fact, nothing left undone to prove his bounty, his benevolence, and his love for a fallen race, and surely we must be hardened indeed, if in return for all these mercies, we refuse to give up ourselves ; to give ourselves into his holy care and keeping, so that when time is turned into eternity, and all his plans connected with us are unfolded, we shall see that his wisdom, his justice, his mercy, and his love were all combined for our welfare on earth, and the final consummation, our felicity through all eternity.

CHAPTER XLI.

MISCELLANEOUS SUBJECTS.

MARSHES—SEA AIR—BALDNESS, &c., &c., &c.

MARSHES.

EVERY one knows without perhaps being able to assign a reason for it, that low swampy ground is an unhealthy location.

for persons to reside in. The injury is however in breathing the noxious gases, the result of vegetable decomposition. What is generally known in Europe as "*Les pays bas*," is a swampy country, and Holland is drained by canals, and sluices to a vast extent. The inhabitants are obliged to use every precaution so as to secure health, and the uses of tobacco are considered among the best preventives; fevers, agues, and bowel complaints, are the general diseases attendant on these localities. There is one general rule strictly attended to by the inhabitants of such situations; namely, that as soon as the sun is down the people retire within their dwellings, and do not appear again abroad before sun rise in the morning; thus do they escape breathing that foul air so inimical to life; while considerable fuel is consumed within each dwelling, a circumstance that tends greatly to purify the air.

SEA AIR.

Sea air has been greatly extolled for its virtues, and justly so; although it does not suit every invalid. The air of the sea is of a cool, and pure nature; it passes over no swamps, no poisoned morass, nothing impure, and consequently is more invigorating than the breezes of the land; to those in health or at least not suffering from catarrhal affections, it proves a complete balm, especially in the summer season when the sea water is equally efficacious in the way of bathing. This no doubt is the reason that so many physicians recommend a sea voyage to their patients. There are indeed exceptions to this rule; it has of late become very much the practice to recommend persons in the last stage of consumption to go on a sea voyage, but how cruel is this practice; the warm climate at that stage of the disease, so far from benefiting the patient rather aggravates it, and the sufferer would have a better chance were he to remain under the influence of the atmosphere, to which his lungs have been in a great measure accustomed. If indeed in the incipient attacks, a change of scene, and of air is recommended, well and good, but under any other circumstances, is only tantamount to saying, pray go and die somewhere else.

BALDNESS.

As a tree will not grow without roots, so if the roots of the hair be not there, the hair will not grow. The first consideration for a bald man to apply himself to is, whether the roots are there, if so, then obtain what will cause it to sprout. I need not remind my readers that there is any amount of trash in the market purporting to be a sure remedy for baldness, and they may also rest assured that these specifics as they are called are humbugs in the main; knowing this I have prepared courses for this special purpose, which will be detailed in another place.

Nothing surely can be of more consequence than a splendid head of hair, and I have given this subject my very best attention according to the *New System*, and have succeeded in accomplishing the object in the fullest sense. I shall give a more detailed account of it under another head, when I come to detail my toilet arrangement, in which I shall prove clearly that half the drugs sold for the hair are ruinous compounds, and that the real way to beautify the hair is simple yet effectual, and wholly free from any deleterious article whatever.

The hairs of our head are all tubes, receiving nourishment from the roots, as branches of the tree receive their active principle. The hair should be kept clean as well as any part of the body, of course; but even so, as the hair will fall off, in consequence of disease, then there will be a necessity to provide for this contingency, and to this subject I am happy to say I have turned my attention with the happiest result.

ANECDOTE OF A BARBER.

I remember being out West on a professional tour a few years ago, and wishing to get my hair cut, I proceeded to *the hair-dresser* of the place, when at the close of the operation I was asked if I would like *Honorificabilitudinity!* rubbed to my head. The word acted like magic on my nerves, and I requested to see the article whose name had caused me so much agitation; accordingly a bottle was produced very handsomely papered, and labelled, on which in

splendidly engraved characters was the awful cognomen that, in consequence of the low ebb my ink has attained while I write, I must be excused from decyphering again. I asked the composition, but this was a secret, only known to the maker, as the recipe had cost ten thousand dollars.

Thus you will percieve that I was while having my head operated on, treated to an enigma, and by way of giving a Rowland for an Oliver, I asked the operator how long he had been in his profession, being answered laconically; *all my life.* Then said I perhaps you can unravel a mystery for me connected with the human hair, as I have been long looking for a skilful person to do so; my attendant asked me what it was, when I told him that as *some two* persons in the world must have the *same number of hairs on their heads, to a hair*, I wanted to know if he could explain how that fact was exhibited; if I was surprised by the long named hair restorative, the barber now in his turn was equally juggled, and in his astonishment having paid my shilling I left.

Two days afterwards I met my friend of the scissors and comb, who begged of me to enlighten him on the subject of my enigma, to which I assented on condition he would give me the recipe of his hair restorative; accordingly I went to his house, procured pen, ink, and paper and thus commenced.

You are aware my good friend that there are *more* people in the world, than any *one person* can have hairs on his head; you admit this. Oh yes, certainly, there are one thousand millions of people in the world, and no one has even a million of hairs on his head, all that is true. Then said I, let us for brevity sake take any number, say eleven as the number of people in the world, and place down eleven dots representing the entire population, thus:

. . . . . .
1 2 3 4 5 6 7 8 9 10

Now on the premises already agreed to, the most hairs any one can have on his head are ten, as there are eleven people, because, as we said before, there are *more* persons in the world than any one can have hairs on his head; now awarding all the numbers, commencing with ten downwards, to the eleven persons, there will

be one person left, the hairs upon whose head must be represented by one of the numbers already used, as we can not use any number beyond ten by the data agreed upon; hence in this example, as in every one, no matter how many or how few we suppose the population of the world to be, there will be *some two that must have the same number of hairs on their heads to a hair.*

The recipe I got for the hair was a parcel of trash.

TO PREVENT CONTAGION AND INFECTION.

As it is impossible to leave sick humanity in their own hands, hence it is but right to use all the means within our power to ward off disease, while attending those who may have contracted contagious or infectious diseases.

FEAR IN DISEASE.

There is one preliminary I would here observe on, that in all my experience I have found fear to operate greatly in favoring infection, and contagion; where the person feels a dread, or apprehension, then that person should not remain with the sick. I was assured by a gentleman that had been four months in the midst of the plague, that fear acted powerfully on the minds of many, and had caused the death of thousands. In the case of the Bulam fever, where the black line running from the root to the point of the tongue is the death warrant, numbers have died through fear that it might be visible on their looking at their tongues in the mirror, which was generally the first thing done in the morning. No person therefore could be a good nurse, who was the least in dread of taking the complaint of the invalid.

In contagious epidemics, separating the patients as much as possible from those who are healthy, is the first prudent step, and pestilences have thus been stopped by timely adherence to this great law.

In 1810, when a terrible pestilence visited a portion of Andalusia, in Spain, it was arrested in its progress in the following way: The district in which the first cases were discovered was surrounded

by the military under the governor of the Province, and communication entirely cut off from the rest of the inhabitants; a quantity of wagons were then procured, and all the residents, with all their furniture, clothes, &c., &c., were removed into tents pitched on a plain two miles distant, while the camp was guarded so as still to cut off all communication. This had the desired effect, and the plague was stayed.

Doctor Beach in his excellent treatise gives a code of rules, so epigrammatic that I think it well to mention a few of them; they are trite and to the point. The Doctor says—

"When any person is attacked with a disease which is contagious, or supposed to be contagious, he should be immediately removed to a place expressly for that purpose; or, if convenient or desirable, let him be taken to a separate or remote part of the house, distant from the rest of the family, into a clear and well ventilated room. The upper portion of the house is preferable. First, because it is drier, and secondly, because it admits the contagious effluvia arising from the body of a patient more readily to pass off, as the current of air more rarified is naturally upward.

"In all boarding houses, and where a great number of persons are crowded together, there ought to be a separate room for those that are sick. Where there is not a suitable place, one should be provided in the vicinity or neighborhood.

"There should be as little intercourse with the person affected with any contagious disease as possible. No one should be allowed to visit him, except the nurse, or immediate relatives, and those should be careful to keep at a proper distance from the bed, that his breath, and the vapor arising from his body may not be inhaled."

This is excellent advice, and to which I may add

CLEANLINESS.

Nothing can be more necessary than cleanliness, especially in all eruptive diseases, where the bed clothes should be often changed, aired, or washed.

DISINFECTING AGENTS.

There are many disinfecting agents recommended, and which can be had quite easily, such as vinegar, chloride of lime, and others; snuff is a good thing to use on entering a sick chamber, and never go abruptly among diseased persons with an empty stomach.

DIET.

It is astonishing to see in some of the medical works of the day, the vagaries set forth on this subject, which if followed would sooner end a man's life than either mercury or bleeding. It is the fashion to run into extremes, whether it is from monomania on the part of some of the doctors themselves, or from a desire to appear eccentric, with the hope that eccentricity may be taken for wisdom, I cannot exactly say. Some say that *meat* under any form should never be used, others that *tea* is poisoning the community, and as to *coffee* there are pamphlets of one hundred pages written to prove that every disease known to humanity is engendered by its use—while the vegetarians consider, that long life, wisdom, virtue, and all the moral qualities that adorn mankind, spring only from the mucilage of potatoes, parsnips, and cabbage, while others would confine us to bread made of "*wheat ground coarse, and unbolted*"; which on being read to a yankee he quaintly observed, that for his part he could not see how the bread could be used at all unless it *was bolted!*

I cannot refrain from pleasantry altogether on considering the ridiculous extremes which all matters, even the most serious, may sometimes take, when pushed beyond limits, that only excite risibility.

The plain matter of fact may be stated as follows in this connection. Whatever food a person of a healthy habit is in the practice of using, stick to it; depend on it, nature knows better than any doctor what is good for the body; it is only in very delicate constitutions, or where sickness exists, that a selection of light digestible material should be sought for. I have in another place explained the broad principle of the quantity, and quality,

and best method of distributing meals. I shall not waste time like others in detailing the analization, and specific gravities of the different kinds of food, as I consider it worthless to spend so much time on the philosophy of gastronomy, the whole case having already been disposed of. In natural philosophy for scientific purposes, and research, such things are of use, but I much question whether, taking the specific gravity of a mutton chop as the standard, and from it, eliciting the density of the leg of a snipe, would add such knowledge to the mode of existence, as to secure longevity to our generation.

Heat and Cold,

IN THEIR ADAPTATION TO THE SYSTEM.

There is hardly any deviation from general health, in which both heat and cold do not act a prominent part; cold may be said, in its sudden application to the surface of the system, to do more harm, and bring on more sickness than almost any other known thing.

To the commonest observer this fact must be apparent, and when we examine the subject, and reflect upon the old system of practice, (I say *old* for I hope it is now obsolete,) namely, *bleeding*, it causes the utmost astonishment.

Let us examine the matter closely. If the body, under that proper degree of heat necessary to existence, is suddenly exposed to a piercing cold draught, the blood vessels that carry out their ramifications to the surface, at once are acted upon, and the blood forced back into the interior, the circulation becomes uneven, morbid secretions follow, and wherever the weak spot in the system is, there will the effect be at once felt.

Now I should like to know, in this state of affairs, what must be the consequence to the person, who loses blood that he has not too much of it by any means, but simply that it is not distributed in the way it ought, in consequence of the disturbance it received from the sudden exposure; the consequence is that the person loses a part of his life which ought not to be taken from him, as

there are other methods perfectly available for restoring the circulation to its original healthy intention, by encouraging it again to the surface by heat.

Indeed it may be said that both heat and cold are productive of disease, and both in their turn, when properly applied, capable of inducing a healthy organization. If a man gets, by exposure to the rays of the sun, a *coup de soleil*, cold application is resorted to as a cure, and, on the other hand, if a person exposes himself to a sudden chill blast, by which the circulation is obstructed, and the pores closed, then we have recourse to heat to restore the body to health; all this will appear plain by considering, that in order that the body should maintain the even tenor of its way, in its healthy temperature, the cold on the one hand, and the heat on the other, are ready to supply the loss, whichever way the scale has turned by the error committed.

One would imagine that in the course of years, and suffering under so many irregular actions, the human frame would become exhausted, and fall a sacrifice; but the wisdom of providence in our construction has been such, that the reproductive, or resuscitating qualities are enormous. No sooner is nature offended than she sets to work to repair the damage, as if she was determined that the citadel should not be stormed, and that the living principle must be guarded at all hazards. To *assist* this principle is the office of the wise physician, not indeed by overloading the damaged walls by placing the heavy granite blocks on the top, (calomel and bleeding,) but by gradually laying the foundation in simplicity yet stability, and of such materials as the wise master-builder will find when reared up, the fabric to be even stouter than it was originally, having all the parts well moulded together, and showing a healthy front once more to those vicissitudes, which experience now has shown, must be in future guarded against.

CHAPTER XLII.

Religion as associated with Man's Physical Nature.

No one will deny that religion has very great sway over the physical constitution of man, that as mind and matter are inseparable while we occupy the body, so religion acts a prominent part in our well being. If from uncertainty on the subject of our destiny hereafter the mind labors under despairing apprehensions, is it to be wondered at, that the whole physical nature becomes out of order. How necessary then is it that every one should be at rest on this great, this essential point, so that no interruption may take place in the structure we are so careful of, and that causes us such pain, and anxiety when disorganized.

Although it is not generally considered any part of medical science, to introduce religion, yet we cannot be blind to the fact, that any and every disturbing cause should, if possible, be quelled, before we can expect our medicines to have their proper effects; hence above and beyond all others are the effects of religion on the mind, and the assurance under sickness, that God's providence overrules even severe illness, oftentimes to our everlasting benefit.

Men must not think that those palmy days will occur in our time, when sin shall be no more, when the earth, in place of yielding thistles and briars, will only bring forth those delicacies that are supposed to make the land flow with milk and honey, that we shall live hundreds of years, under a cloudless sky, without trouble or disease, oh, no!—this will not be seen by us; our road is thorny, and our only solace while treading carefully along, is to know that he who called us into existence condescends to be our guide, and that as the way is thorny, it has been mercy that shortened our days.

It is quite true also, that man as civilization advances, unless he has strength of mind to avoid its temptations, and still live, as

it were, in simplicity, only brings on difficulties which evidently tend to shorten his life, by bringing on diseases altogether foreign to his wild and aboriginal nature, and it is no less certain that this same gregarious civilization, brings upon him artificial wants, the enjoyment of which enervates him, and lessens the term of his natural life, by a multitude of diseases unknown to his primitive state.

Political economists have been induced to consider it very inimical to man, his congregating in too great numbers in any locality, for although the comforts, and luxuries of life are in some measure exhausted, crime, poverty, and wretchedness are surely more in proportion in their midst than in less numerical communities. If we take London, with its two millions and a half of people, we shall of course find by amalgamation of mind, every description of luxury produced, but by whom are these luxuries used, by the *few* of course, while the crime, the wretchedness and misery of the many that exist within its walls, are scarcely possible to estimate. On the other hand, let us view one of our own small towns, or villages; to be sure there are no such luxuries to be found in their communities, but in place of it, all are in a thriving, healthy condition, and vice, wretchedness and disease are hardly if at all known.

It is in large communities then that disease has its sway, and there can be no doubt that ninety-nine cases out of every hundred, are brought on by man himself, for having discarded the simplicity of his forefathers, and taken up with a fictitious mode of existence.

It has been wisely said that man is a creature of habit, and by his persisting in disobedience of the primitive laws of his existence, incurs disease, shortens life, and violates the laws of an offended creator.

Man by *nature alone* is to himself an enigma, no reason that he inherently possesses can give the most remote clue to him, of the object of his creation, nor indeed the ultimate destiny to which he is continually moving while he lives. Man has been in his life very aptly figured out by the seasons; how like the young sprout

peeping out from the soil, is the infant; it cannot thrive without the nurturing hand of the gardener or caretaker. In summer it has assumed a hardier life, and under the warming influence of the sun blooms out; so with the young man. In autumn (or the turn of life) it begins to feel that the glory of its days has passed with the declining sun, when winter comes with its shrivelling blast; it dies and leaves the scene. Thus is it also with man. How necessary then for this plant while in the human being to be so satisfied of the goodness of the creator, that while it performs its changes, it may, by conformity to revealed will, lessen the trouble the body must as a matter of course be subject to, thereby assisting, instead of preventing the disciples of the healing art.

While on this subject I cannot refrain from giving an extract from "Gunn's Domestic Medicine," it is fraught with tender and pious feeling, and ought to be characterized in letters of gold.

"Piety towards God should characterize every one who has any thing to do with the administering of medicine; nor should any individual ever administer medicine, without first imploring the Almighty for success on his prescriptions; for where is the man who can anticipate success without the aid and blessing of heaven? Galen vanquished Atheism for a considerable time, by proving the existence of a God, from the wise and curious structure of the body. Botallus earnestly advised a physician never to leave his house, without proffering a prayer to God to aid and enlighten him.

"Cheselden, the famous English anatomist, always implored the aid and blessing of heaven. Boerhave spent an hour every morning in his closet, in reading and commenting on the scriptures, before he entered on the duties of his profession. Hoffman and Stahl were not ashamed of the gospel of Christ, and Walker has left behind him a most eloquent defense of its doctrines. Dr. Fothergill's long life resembled an altar, from which incense of adoration and praise ascended daily to heaven; and Hartley, whose works will probably only perish with time itself, was a devout christian. To this record of these great medical men I shall add but one remark, which is, that the authoritative weight of their

names alone in favor of the truth of *revealed religion*, is sufficient to turn the scale against all the *infidelity*, that has ever disgraced the science of medicine since its earliest discoveries.

"I have seen the flower of life fade, and all its freshness wither; I have seen the bright eye of beauty lose its lustre; and my last and best friends close their eyes in the cold and tranquil slumbers of death—and have said, 'where are the boasted powers of medicine, the pride of skill, the vain boast of *science?* How humiliating to the pride of man! Let every physician put this solemn question to himself; what will avail all the means I can use, without the aid of the Almighty? All efforts founded on years of experience, and study, vanish at the touch of death, and the hold on life by the physician, is as brittle and slender as that possessed by his patient; and those remedies so often used with success in the case of others, will assuredly fail him in his own case at last. In some unexpected moment, a wave in the agitated sea of life will baffle all his struggles; and he in his turn, will be compelled to pay the debt, which nature has claimed from thousands of his patients. When on the couch of death, and whilst perusing the works of Rousseau, the last words of the great *Napoleon* were, in the language of that author—'It is vain to shrink from what *cannot* be avoided; why hide that from ourselves, which must at some period be found; the *certainty of death* is a truth which man knows—but which he willingly *conceals from himself.*' We shall all shortly finish our allotted time on earth, even if our lives are unusually prolonged, leaving behind us all that is now familiar and beloved. Numerous races of men will succeed us, entirely ignorant that we once lived, who will retain of our existence, not even the vestige of a vague, and empty remembrance."

How necessary then is it that the mind should be at rest concerning the ultimate object of our destiny in order that, when the body becomes diseased all those irritating qualities which unbelief naturally produces should be abolished; and the frame through composure be best qualified to resist disease, or to aid in the performance of a cure under medical science.

"Considered merely in relation to his vital and animal functions, man seems to occupy the highest point in the scale of animated nature; but notwithstanding this distinguished elevation, with some grand and distinctive exceptions to the general principles of existence, and those of a strong and decisive character, he seems in many respects to be allied to the inferior order of creation. Like the merely animal orders of nature inferior to himself, he is animated by loves and friendships, hatreds and enmities, and by all the other passions, and propensities incidental to the merely animal creation. In common with the elephant, the lion, the dog, and the fox, his heart seems to be the seat of life and vitality, and his brain the sensorium of intellectual existence! Like them, he is furnished with a stomach to digest his food, and a heart to propel the vital fluid through the arterial, and veinous system. Like the inferior orders of creation, man is susceptible of the influence of heat and cold, and all the variations of temperature incidental to the changes of the seasons; like them, he can be deluged by rains, frozen by the snows of winter, and melted by the heats of summer. Like them, he is subjected to physical diseases, which can be mitigated or renovated by the same means; and like them, he is animated by strong sentiments of self-preservation, and entertains an instinctive and powerful dread of both pain, and dissolution. But here the parallel between man and the inferior orders of creation terminates; and he begins to take his departure from their earth-born level, which they can never emulate or even follow.

"Man is the only being in creation who can raise his contemplations to the deity, and experience a sublime sentiment of awe and veneration for the unknown author of his existence. The only being in creation capable of experiencing a strong solicitude for a knowledge of his own origin, or who can direct his views, and anticipations of a future existence, beyond the boundaries of time! He is the only being absolutely known to himself, who can form a conception of space, which is an abstract idea of *infinity;* of time, which is an abstract conception of *eternity;* or of plastic and creative power, which leads to an abstract, but infinitely inadequate

conception of the *omnipotence of God!* Man seems to unite in his moral and intellectual conception, the human extremes of *strength*, and *weakness*, *wisdom*, and *folly*. In infancy, or when not associated with his fellow beings, he is a naked, defenceless, dependent, and timid animal; exposed to disease of every multiplied character; to dangers beyond arithmetical calculation; and to death in all its varied and gigantic forms; yet, with all these incipient weaknesses, and seeming imperfections of his nature, in the plenitude of life, and intellectual power, and when associated with his fellow beings, in social compact he has satisfied his natural wants; rendered himself independent of every thing but his *Creator;* driven from his presence, enslaved to his purposes, or destroyed by the machinery, and chemical power of his warlike inventions, all animals hostile to his life, and his preservation; and compelled the earth, the air, the waters, and the woods, to yield him the sustenance, and even the luxuries of life, and to furnish him with the means of constructing his habitation. He has done more. By referring his knowledge of particular facts, to the discovery of abstract and general principles, he has measurably unfolded the elements of science; by which he measures the earth, and discloses the laws which regulate the solar system, ascertains the distances and relative positions of the heavenly bodies, and determines the location of his own globe amongst them; discloses the component parts of which the substratum of the earth itself is composed, and by an effort of microscopic vision, and profound sagacity, gives you a satisfactory analysis of a physical atom! Nor is this all; from obscure and imperfect original discoveries in nautical science, he has converted the bark canoes of the wandering savage into vehicles of burden for international commerce, and imposing engines of war; and instead of the petty barks of the ancients, by which they prosecuted an insignificant traffic along the shores and inlets of the Mediterranean, he has constructed ships of bulk and strength sufficient to master the winds of heaven, and waves of the ocean; to discover and colonize new continents; and to make his way in security through trackless, unknown, and almost

shoreless oceans, to countries so remote, as not even to be found in delineation on the mariner's chart! Nor do the greatness of his discoveries, nor the sublime elevations of his character terminate here. The progressive improvements of man in *Literature*, from hieroglyphics, which are the signs of things, to the use of *letters*, which are the signs or symbols of sounds, afford new and astonishing demonstrations of his powers. We have proofs before us, if we will advert for a moment to the present state of mankind, of all the progressive stages of improvement, through which he has passed, in arriving at his present state of moral and intellectual civilization, and scientific and literary refinements; nor need we recur to the empire of fable, nor the fictions of his early history, to arrive at the truth. A collective view of the inhabitants of the globe, will furnish ample demonstrations of the following facts:

"In a state of savage and illiterate nature, *tradition*, as among the Indians of our own forests, afforded the only means of communication between the present and former races of mankind. But, in proportion as man began to progress in discoveries relating to the arts and sciences, he became disgusted and dissatisfied with the errors and misrepresentations of *oral* tradition, and sought various expedients to perpetuate to his posterity, authentic testimonials of his sagacity, and durable monuments of his intellectual powers. *Hieroglyphics*, and *pyramids* were resorted to in some countries, and *pillars*, and public *edifices* in others; but knowing all these to be liable to decay, and that their true meaning might be easily misunderstood or forgotten, he was not satisfied with a medium of intelligence which would revive, and perpetuate his knowledge, and record in *unfading characters* the intelligence, the improvements in science, and the fate of past generations. The discovery of, and the progressive improvement in letters, have enabled man to trace his species through all anterior ages since the creation; nor would he now, were it not for *literature*, and the discovery of the *art of printing*, be enabled to profit at this advanced period of the world, by the records of history, and the divine inspirations of *religion*, *virtue*, and pure *morality* which are

breathed forth in love and mercy to fallen man, by *Holy Writ.* It is from this divine and inspired work, that he derives a knowledge of all the attributes of the *Creator;* of the immortality of his own soul; and of all the duties he owes to *God*, his fellow creatures, and himself."

CHAPTER XLIII.

A Chapter for the Ladies.

It has been said that "Beauty unadorned is adorned the most." In this I most respectfully beg leave to decline giving my assent to. I am very well aware that a sacred historian considers the improvement of the mental faculties, preferable to the *braiding of hair;* still I think a happy medium can in this case be looked to with as much propriety, as in any other. How anxious stoics, cynics, and critics are, to fasten the world, (by some abstract reasoning,) to an extreme. Who that has ever viewed the cartoons of Raphael but will see the sneer of discontent, the anxiety and wish that the great apostle should fail in his discourse from the Areopagus to assimilate the doctrines of salvation, to a fallen race, and thus upset their crude notions of an *unknown God*, which he found on their highways as he entered Athens. Just so has prudery in the present day attempted to point the finger of scorn at all those who endeavor to make their persons more elegant by a little harmless adornment, done in accordance with good taste; but the wise care not, they know that such neatness, such taste, and such becoming elegance, cannot, need not, does not, at all interfere with woman, as a woman, as a house-keeper, as an accomplished wife or friend, or as a social and literary companion; on the contrary, when such a taste is in accordance with the last named

virtues, woman, dear woman, is the better for being tastily dressed, and attractively attired, than were she to appear in inelegant costume. Nay more; if the beauty of the human countenance is threatened with distortion, through accidents of climate or constitution, surely no one of any sense would deprecate women so circumstanced, using such means as would restore her to elegance and beauty.

"To spend all a persons time in ornamenting the person is one extreme, and a negligence in person the other, all I contend for is the medium, and where moderate embellishments are conducted with good taste, we must always admire a lady who has the genius to make herself lovely in the eyes of the other sex.

I am very well satisfied that a great number of women ruin their complexions by using, in the shape of powders, and pastes, certain poisonous ingredients, that, although the evil effects are not momentarily witnessed, never fail to ruin the skin, and finally give it the appearance of age and decay. To such I have a word of advice, be cautious how you deal thus with your charms; give up the use of these compounds, unless you are satisfied they are harmless, but the general run of such nostrums as we find daily advertised, away with them at once, be assured before long your skin will shrivel up, and a dun color will be given to it, that will make you rue the day you had any thing to do with quack medicines.

Feeling deeply interested at all times in the welfare of the better portion of mankind, I turned my attention some years since to the compounding of some very useful articles, perfectly pure, perfectly free from any deleterious articles, and yet capable of imparting a delicacy and softness to the complexion, and indeed to the skin generally. I flatter myself I have succeeded, and I have made the same up carefully, and elegantly, together with the best tooth renovator, and other things that no ladies toilet can be complete without. I have made these all myself, going through every process with my own hands, to secure the articles from the chance of deterioration if passed through an assistant. I can therefore offer

this excellent toilet arrangement to the whole sex as an important item in their daily embellishments; and at a most moderate price, which will be seen on reference to another page.

Questions for Invalids.

It being impossible for any one physician to attend all people, my medicines are put up in courses for each disease, according to the laws of my *New System*. It is therefore quite sufficient for patients to correspond with me; in doing so, however, the greatest necessity exists, that a correct detail of the complaint be written out. In order to facilitate this I have thought well to classify in a catalogue a series of questions which, if attended to, will assist a patient in describing his complaint. It is not to be supposed that every instruction can be set down here, but merely so much as will assist every person in the description of the disease, he or she may labor under. Indeed there cannot be too minute a detail of every feeling, or pain, or sensation, and this will enable people, no matter at what distance, to have the proper and prompt remedies dispatched by *mail* or *express*.

To the Ladies.

In the first place be sure to write your name, occupation, age, and residence in a very plain hand, so that there may be no mistake in the medicines reaching you; next where the place of your birth, whether of a good, sound, or delicate constitution, are you slender or fat, straight figured, or stooping, of what color is your hair, also that of your eyes, broad chested or narrow? Do you know of any hereditary or family diseases? Had any of them consumption, scrofula, disease of the heart, cancer, dropsy, or

rheumatism? Are you subject to any eruptive disease, short breathing, or salt rheum, any pain in the chest, along the spine, in the shoulders, or under the shoulder blade, in the stomach, bowels, or the limbs, any loss of voice, sore throat, pain in the head, hoarseness, dull pain across the eyebrows? Do you cough, if so, much or little, night or morning? Do you raise any thing, much or little, will the expectoration sink or swim in water? Do you spit blood, if so be sure whether it comes from the teeth, or from the throat? When you sleep do you find one side easier to repose on, than the other? Is your breathing good, or short and troublesome? Have you chills, or fever, or palpitation of the heart? Are the bowels easily kept in order? Are you nervous, or bilious? Do you take much or little exercise? Any sinking of the stomach? Have you ever been ruptured, or do you think you have worms? Have you a craving appetite? Are your feet generally warm or cold? Have you been subject to rheumatism, or tic doloreux? Have you ever had fevers, if so, how often, and of what kind? Are you a married woman or single, if married have you ever had a miscarriage? Are you subject to headaches? Have you bad or decayed teeth, or a bad breath? Are you generally healthy, or the reverse?

TO THE GENTLEMEN.

Please state your name, business, and address so that no mistake may arise in the transmission of medicines by post, or express. What is your age? Are you generally healthy or otherwise? Are your family or your relatives subject to any hereditary complaints, if so, what sort? Are you tall or short, round shouldered or square? What is the color of your eyes, and hair? Have you worked much, and at what employment? Are you short breathed? Have you any affection of the lungs, any cough, do you expectorate, what kind of phlegm do you throw up? Have you any scrofulous appearance, or disease of the skin, generally any pain in the chest, back, spine, sides, particularly the right side, any palpitation of the heart? Have you ever chills, or fever? Have you

been subject to fits? Are your bowels regular, or irregular? Is your appetite good? Do you suspect having worms? Have you piles, internally or externally? Any complaint of the kidneys, any immoderate flow of urine, or is it suppressed? Have you been subject to rheumatism, or to fevers? Are you married or single? Have you any appearance of dropsy? Do you find pressure in the region of the stomach, particularly after eating? Are you subject to dyspepsia, or neuralgia, or paralysis, sore throat, or glandular affections? Do your feet keep warm generally, or are they inclined to be cold. Have you ever had much sickness? Are your teeth decayed?

TESTIMONIALS

OF DR. T. G. HUTCHINGS' SUCCESSFUL PRACTICE.

As IT would be wholly impossible to give anything like the favorable correspondence, which for years has poured in upon me from all parts of the Union, from persons who, under Providence, I have treated on the principles of my *New System*, I can only offer a few, taken at random from my large files; but they will be sufficient to prove the benefit patients have derived, as well as the fact, that having my courses of medicines in their possession, they were enabled, by previously writing out their cases according to instructions, to do as much for themselves as if I was present with them, because, on the receipt of their written account of the complaint, I had nothing to do but to forward them instructions, and the medicines by mail or express.

SCROFULA.

ALBANY, N. Y., July 6, 1852.

DR. T. G. HUTCHINGS:—I am sincerely thankful for your advice, and the accompanying medicines according to your new system. The medicines were given as directed to the boy, and after the second course, we found a great improvement in the sores; they were quite of a different color, and began gradually to heal; this did not satisfy me at first, because I had seen them partially heal before, and break out again, within less than a fortnight; it is now a month since they healed, and I notice that every day the marks grow less, and two months have passed away since he got entirely well; indeed I never knew him to be in better health; he can help me well in the business. I shall never forget you, dear sir; it was by chance I saw your advertisement, and I will be candid with you. I treated the thing at first as one of the nostrums of the day; but so bad did the poor boy get, and finding no relief to be had from any source, I made up my mind to give your medicines a trial. They have done what none others could accomplish. Yours faithfully,

ANDREW MOTT.

CONSUMPTION.

NEW BRIGHTON, July 6, 1853.

DR. THOMAS G. HUTCHINGS:—*Respected Sir*,—I cannot deny myself the gratification of acknowledging the obligations I am under to you, for your instrumentality in saving me from death. No one ever was so near the grave as I have been, until restored to health by your medicines. I tried every kind of medicine and doctoring, but my money and time were gone, and no sign of relief. My cousin, who resides in New York, having read about your new system, she called on you, and got advice with three courses of medicines; and how rejoiced I am to tell you, that before I had finished taking the second course, I felt so well I could walk out and enjoy the cool air, what I had not done for six months previously. I hope people may universally know of your medicines. All my friends are in astonishment at my wonderful recovery, and

I daily testify to those who call on me, as to the cure for which, under Providence, I am indebted to you.

Your very obliged patient,

ANNE HELBRUN.

DROPSY.

BOSTON, March 23d, 1853.

DR. T. G. HUTCHINGS:—*Dear Sir*,—Totally given up by three respectable physicians, you have cured me. I was one complete blob of water, emaciated, and daily wishing to be relieved from earthly torture, when I wrote to you. I hope the public may know all about your medicines. When I took the courses as you ordered, the water flowed away from me through the usual channels. I am well sir; pray make my case known to the community.

I remain most gratefully yours,

ABRAHAM DYNIKE.

CANCER.

TROY, August 5th, 1851.

DR. HUTCHINGS:—*Sir*,—When I called on you in New York, I told you honestly my impression was that I was beyond all cure, past recovery. How well do I remember your words, "I would rather cure you than have five hundred dollars, as I want to show the effective agency of my *New System*."

How prophetic these words sound upon my ear, but alas, I had been so long unable to find relief, that I had not much faith in any way. How shall I express my gratitude while I acknowledge that you have cured me. To your advice and medicines, I am under God entirely indebted. Oh, sir, do make my case known to suffering humanity.

The gentleman you employed to make a drawing of the cancer, when first you prescribed for me, was here yesterday, and when I found myself well, and saw how I had been, I was truly astonished; I wish all others situated as I *was*, were acquainted with your system.

Your grateful friend,

JANE MORRISON.

CONSUMPTION.

ANOTHER WONDERFUL CURE.

BALTIMORE, Sept. 7th, 1854.

DR. THOS. G. HUTCHINGS:—*Sir*,—From my statement made to you in writing, I suppose you thought my case hopeless; I told you all, however, and gave you the opinion of a celebrated physician, who said I would not survive the fall. As a last resort, I wrote to you, and at the time, I was throwing up occasionally very bad matter, with a bad smell; nothing daunted, however, I took the courses of medicines you sent me, determining, if I got no relief, to put doctors and medicines away, and resign myself to my fate. Contrary to all expectations, I have survived the fall of the year, and I am not only greatly relieved, but have full confidence in the superiority of your treatment. I shall never be without the medicines you sent. I am a new man, and have disappointed all the doctors I employed. Pray make any use you choose of this letter, and accept my unfeigned obligations, which no money could wash away.

Sincerely yours, dear sir,

THOMAS WILLIAM FLORENCE.

CATARRHAL COMPLAINT.

SYRACUSE, N. Y., August, 1853.

DR. HUTCHINGS:—*Sir*,—William Todd, the man whom I spoke to you about when in your city, requests me to say, that he used the medicines you gave me for him, and he wishes you to know, that they have completely cured him. To be candid with you, I thought the man's case a bad one, and it was, or he would not have suffered so much; very shortly after he commenced with your medicines he began to recover. The poor fellow is quite grateful to you. He never ceases telling people of your celebrity.

Wishing you all success,

I am, dear sir, yours faithfully,

ARCHIBALD MCHENRY.

CURE OF SPINAL COMPLAINT.

NEWARK, 18th Aug., 1851.

DR. T. G. HUTCHINGS:—*Sir*,—With unfeigned gratitude, I write to inform you, that under providence and your medicines, I am an altered woman indeed. Six years I lay afflicted with my spine, and the doctors said I would never entirely recover; indeed I had given up all hopes myself, until my brother, for whom you had prescribed for a kidney complaint, recommended me to try your advice and medicines; I did so, although I acknowledge without much faith, and how agreeably disappointed I have been; my back, that has been so curved hitherto, has assumed a correct line, I am able to sit straight now, and my general health has not been so good for a length of time.

How grateful a restoration to health *ought* to make all invalids. It does me I assure you, and I shall ever remember you, as an agent for good to me, in the hands of a kind providence.

I wish you would make my case known for the good of others. I continue to take the courses you sent, and I find myself stronger every day.

I am, dear sir,
Gratefully yours,
ANNE FORSYTH.

CASE OF NEURALGIA.

This is to certify, and to acknowledge with thankfulness, that Doctor Thomas G. Hutchings has perfectly cured me of this distressing complaint; my face was all sorely afflicted; first with a shooting pain from the left side of my upper jaw, extending to the root of the ear, and thence up through the temple to my head, by which I thought I should have gone mad. I took laudanum mixed with brandy and camphor, and other things, but all to no avail, and found no relief until I took Dr. Hutchings' medicines. I am now in perfect health, and have had no return of the complaint.

WILLIAM DAVIS.

LONG ISLAND, June 4th, 1854.

WOUNDED LUNG CURED.

LOWELL, 5th Sept., 1852.

DR. THOS. GIBBONS HUTCHINGS:—*Sir*,—It is but a common act of justice to you, to give a statement of my case, that you may know in the first place how grateful I am to you, and secondly that if you are disposed to show this letter to others, they may know the virtues of your all-powerful, and all-healing medicines.

On the 4th July last, as you are aware, by the unexpected discharge of a pistol I received a buck-shot through the breast, and the doctors that attended me after I went home, were undecided whether I would recover or not. Some said I might, while others said otherwise. My breathing became daily worse; it was evident that one of my lungs had been pierced, and I began to think I should die.

I believe I wrote to you on the 2d of August, and your reply I have now before me; it contains the only word of consolation I received from any one; how eagerly I read your remarks over, and over, and the earnest belief you expressed that I should again be restored to health. Sir, your prophesy is fulfilled. I have taken the course of medicine you sent me, with unerring exactitude, and I have found my breathing getting better, and no more blood now ever comes when I cough. Altogether I feel satisfied you have cured me. I shall always remember your kind advice too, on the subject of fire-arms. When I think of the careless manner I have been in the habit of using them, I only wonder I have not shot myself long ago.

Ever your sincere friend,

JAMES NEVILLE.

CURE OF ASTHMA.

GOSHEN, July, 1853.

DR. T. G. HUTCHINGS:—*Sir*,—When I had the pleasure of traveling with you to Charleston last year, I little thought I

should so soon have to ask your assistance as a medical man; when the young lady whom you accompanied told me that you recommended her change of air, and that your manner of curing diseases was altogether different from every other doctor, I little thought then, that I should so soon have asked your assistance for myself. When I was first attacked I thought I was dying; the suffocating feeling was beyond bearing, and I inwardly wished myself dead, sooner than suffer all I did.

Having taken a great interest in the young delicate female you had under your charge, I wrote to her, and her reply, stating that she was nearly as well as she ever was, induced me to seek your assistance; I did so, and how truly happy I am to say, that your medicines are indeed all powerful; from the first moment I began taking the courses, the attacks were greatly diminished, and the suffocating feeling not near so distressing; the quantity of garlic I had hitherto taken left such a terrible taste after it, that I look at any thing in the shape of an onion with the greatest horror. Sir, you have performed a great cure in my case. I thank you sincerely, and no breath I draw, (now freely,) that does not bear a reminiscence of your skill and attention.

Your faithful friend,

ELLEN WINTER.

CURE OF DYSPEPSIA, (*ten years' duration.*)

GEORGETOWN, Dec. 1, 1852.

DR. THOMAS G. HUTCHINGS:—*Sir*,—After ten years of extreme suffering with dyspepsia in all its worst phases, I have at length found peace from your invaluable remedies. You know that I went to Europe two years again, and when in Milan, placed myself under the most celebrated physicians, one, an English surgeon of great repute, but all to no effect. I came back after trying the waters of Germany, quite disheartened, and so out of patience with all doctors, that I determined never to have more to do with them. I saw several of your advertisements, and many times I threw the paper from me, believing all medicine to be no better

than the water in the streets; but I have lived to think otherwise, and I shall relate how it came to pass.

My son went on to New York in the fall, and happening to meet you one day at the hotel where he stopped, he entered into conversation (hearing you were a doctor) with you, in the course of which, according to his own account, he was not very complimentary to the medical profession generally, and told you the reason he had no great opinion of the faculty was, that they had all failed to give me relief, upon which he said that you replied, "*Your father has never tried my New System, sir.*" When my son returned home, I wrote to you, and your reply with your medicine arrived; I took them, and I acknowledge I had been dealing very unfairly with *all* doctors. Your medicines, sir, cured me. I am a well man, and had I the good fortune to have known you years ago, I should have some thousands of dollars in my pocket, which have gone in journeys to Europe and elsewhere.

Better late than never. I make my best acknowledgments for your ability, and I find my digestion now quite good, my appetite renewed, my strength improved, no more constipation of the bowels; in fact, I now enjoy life.

Your faithful servant,

ANDREW PERCIVAL.

RHEUMATISM CURED.

SPRINGFIELD, July 2d, 1854.

DR. T. G. HUTCHINGS:—*Dear Sir*,—When a man can cure rheumatism, I believe there is no complaint that he cannot cure. Until I tried your medicines, I verily believed that all doctors who said they could cure rheumatism were only deceivers; but, sir, your medicines have acted on me like a charm. My limbs were so deformed by it, that with crutches I could scarcely move from one place to another; how shall I describe to you my joy, when I inform you that in three weeks from the day I began using your medicine, I was able to break up the crutches, and commit the pieces to the flames. To express my gratitude to you is

impossible. I shall think of you all my life. Please make my case known in your neighborhood; I have made it well known here. Yours very respectfully,

OGDEN TRUEMAN.

REMEDIAL.

POUGHKEEPSIE, August 25, 1851.

THOMAS GIBBONS HUTCHINGS, A. M., M. D. :—*Sir*,—I perceive that you profess to have the only true natural preventives in certain delicate relations; be good enough to let me have your remedial; enclosed are ten dollars; more if necessary.

ADOLPHUS LECLERK.

SCROFULA.

ST. LOUIS, Jan. 15, 1853.

DR. THOMAS G. HUTCHINGS :—*Respected Sir*,—My poor child that I had given up, and all the doctors also, is the living example of a miracle under your treatment. William Parsons of this place, that you cured of the consumption, recommended me to write to you, and right glad I am that I took his advice. Had I listened to others, I never would have written, and my child would have been in the grave. How truly thankful I am to you; your medicines have had the desired effect, and we all rejoice over the circumstance. I shall continue to give the medicines until they are all used up. I hope, Dr. Hutchings, you will have the same good fortune in all cases, as you have proved here, and you are at liberty to make known my case by publishing this letter whenever you wish. Yours very respectfully,

ARCHY MCINTYRE.

N. B.—Please let me know when to stop giving the medicines.

A. McI.

A LIFE SPARED.

DR. HUTCHINGS :—*My dear sir*,—Words fail to express my gratitude to you for all you have done for my family, and the

delicate manner in which you have acted. I can assuredly say, that your medicines have raised my wife from a sick bed, that I assure you I never expected her to rise from; when I see her now, daily about our household business, I consider it a complete resurrection. Truly your *New System* is above and beyond all I have ever thought of. How negligent many who profess to be accoucheurs are, and with what recklessness they act; my dear wife had a narrow escape from their hands, as you justly said, for not being a little more patient with nature; but your medicines have fully and finally restored her.

Accept the warmest wishes of all my household, and believe me very truly obliged, your friend and well wisher,

JOSEPH PENDLETON, Sen'r.

PEEKSKILL, N. Y., February 12, 1854.

FROM ANOTHER LADY.

PHILADELPHIA, May, 1854.

THOMAS GIBBONS HUTCHINGS, A.M., M.D.:—*My dear sir*,—Under providence you have saved my life, and I take the earliest opportunity to say, that it will be well if all women know the value of your medicines. You can hardly think how low I was from the loss of blood, but sir your words were correct, I should not have been bled while in the delicate state I was. I perceive now, it was the height of madness; but what do suffering women know, only to take, or to do, whatever any itinerant quack chooses to prescribe.

I am happy to bear testimony to your skill.

I am, dear Doctor,

Respectfully,

JANE BURNETT.

LIVER COMPLAINT.

BATON ROUGE, April 20, 1850.

This is to certify, that, by our desire, Mrs. Margaret Ellis wrote to Dr. Thos. G. Hutchings, to New York city, a statement of her

disease; that said Dr. T. G. H. sent his advice and medicine, and that the invalid recovered entirely in the course of two weeks from the arrival and taking of the doctor's medicines; that said Mrs. Ellis was eight months previously suffering continually, but could get no relief except from the medicines sent her by Dr. Hutchings.

ELIZABETH FARRELL.
JANE SELBY.
DORCAS STUKELY.

DISEASE OF THE KIDNEYS.

OGDENSBURG, May 19, 1850.

DR. HUTCHINGS:—*Sir*,—With the most grateful feelings, I write to inform you that I am the same as well!—All my friends are in astonishment. Your medicines acted like a charm. When I think of the large orifice that was eating away in my breast, and the little hopes I received from doctors generally, I assure you I am astonished beyond every thing myself. One of the gentlemen that used to visit me called yesterday, and when I told him how your medicines cured me, he said *I had a good constitution!* I had something more; I had the good fortune to take your medicines, sir,

Ever gratefully your friend,

ANNE MORTIMER.

CASE OF SALT RHEUM CURED.

BUFFALO, Sept. 22d, 1853.

DR. HUTCHINGS:—*Sir*,—It is with infinite satisfaction I write to inform you that my boy has steadily improved from the moment we commenced giving him the medicines you sent, until now, he is quite recovered.

Whenever I receive benefit from a doctor I always acknowledge it cheerfully, and I must say, I have had more satisfaction from your medicines and advice than from all the doctors that I had hitherto employed. My child I know was a very bad case, but your skill and perseverance have overcome all, and we are truly thankful. I enclose twenty-five dollars beyond the amount we

agreed on, as I think a faithful physician, more than any other laborer, is worthy of good hire.

Yours, respectfully,

WILLIAM P. KNIGHT.

CHOLERA.

CLEVELAND, Ohio, June 17th, 1851.

DR. THOMAS G. HUTCHINGS:—*Sir*,—It is but common justice to the public, your giving the letter to them through some general newspaper. I am but a plain man, still it is impossible for me to withhold my opinion of your abilities, as your medicines. I always dreaded the cholera; you know I wrote to you to say so, and though I had no attack of it when I first wrote, I wished to have in my house, if possible, something that would be of service if attacked.

I got your cholera medicines safe, and I determined, if taken with it, I would give them a fair trial. About two weeks after I received the package I had a looseness in my bowels, which you told me was the sign of an attack, still I allowed it to be for a day or two, as I was not in pain; finally, however, cramps came on, and then I lost no time in following out your instructions. I took one course of your medicines, and by the time I had finished the second, the symptoms began to moderate, a glow of warmth I felt all through my system, a gentle perspiration came out, my appetite increased, and the extreme weakness left me, when I felt altogether restored.

Sir, your medicine acted miraculously on me, and I make no doubt if I had not had them by me, I should be in my grave today, in place of being a living example of your skill.

I hope the world may find out the value of your system, and then we shall have little to fear from cholera or other diseases.

Please make my case known in whatever way you think best.

With grateful respect,

ANDREW WHEELER.

CURE OF WORMS.

SAN FRANCISCO, April 12, 1852.

DR. THOMAS GIBBONS HUTCHINGS:—*Sir*,—We are all in astonishment here at the wonderful cures your medicines are working here. Old Mrs. Philpotts that you attended in New York, and cured of the polypus in her nose, brought some packages of your medicines with her when she came here. She requests me to inform you, that on crossing the Isthmus of Panama, she cured several persons of the fever so fatal there; and I have heard from the mouths of several that your medicines, given by Mrs. P., alone cured them.

I asked all round the city, to see if I could find any agent of yours, but could not, so I am desirous to let you know that it would be a great charity if we had a depot here, from whence we could get them.

In the meantime, sir, I enclose you a draft, and be good enough to send me out as many courses as the amount will cover.

Mrs. Philpotts prescribed the other day for a man suffering with fever and ague, and he had only taken one course when the disease left him, and has not returned. It works like a miracle; nor is it confined to one species of disease; I am satisfied nothing else will be used here when we can get it. It has been long sought for. A medicine efficient in all cases by instruction; for how can one doctor attend the whole world? The instructions are plain, too, that no one can err.

My little daughter was complaining for a length of time, and having had continually a habit of picking her nose, I felt satisfied she was troubled with worms. I applied to two or three physicians, and had all their prescriptions, but still no relief; when fortunately I heard that a Mrs. Philpotts had a medicine that could cure any complaint at all. I had my doubts about old women and their recipes; however, I determined to try her; accordingly, I made the old lady out, got some of her medicines (which I found were under your signature) that she brought out from New York, and at once I began with the child. In two

days from the time she got your medicines, she passed immense quantities of worms, fully justifying my original suspicions, and the value of your medicines at the same time; and now, sir, in place of a puny, delicate, wasted child, I have as fat a little girl as any man in the city of San Francisco.

May every success in life attend Dr. Thomas G. Hutchings.

Yours very sincerely,

ALFRED PARKE.

CASE OF TUMOR.

BRIDGEPORT, CONN., May, 1851.

DR. THOS. G. HUTCHINGS:—*Sir*,—You will perhaps be surprised to learn that the tumor that was on my neck has completely disappeared. Dr. M—— was for having it cut; but, sir, my mother said you told her that cutting was of no avail, as it would grow again, so we have acted as you said. I have taken but two courses of your medicines, yet my neck is nearly as smooth as ever. You have done wonders for *me*.

Truly obliged,

ANNE FAIRFIELD.

FEMALE DISEASES.

PIERPONT, Nov. 18, 1850.

DR. T. G. HUTCHINGS:—*Sir*,—For three years and a half I suffered dreadfully with several diseases incident to females generally. I employed physicians out of number, but I never got any relief until I took your medicines. I wish suffering women were aware of this fact.

MRS. ANNE HARLEY.

DIARRHŒA.

NEW-YORK, 5th Sept., 1854.

DR. T. G. HUTCHINGS:—*Dear Sir*,—For the last two years I have had to struggle against this awful disease. I could not remain away from my work, and I was failing so fast that I expected

to die every day; fortunately I took your medicines, and I rejoice to say I am well.

Respectfully yours,

MARTIN RYAN TAILOR.

ANOTHER CASE OF GENERAL DROPSY.

NEW-YORK, Aug. 6, 1854.

DR. THOS. HUTCHINGS:—*Dear Sir*,—When you called to see me I had no hopes whatever; in fact I told you it was no use, that doctors could do me no good. I remember well I noticed that you smiled, but said nothing; you then said my case was not so hopeless as I thought myself, and that gave me courage.

I took three courses of your medicines, and I found, for the first time since I got ill, a great flow of water from the urinary vessels. Every day I have been getting better, and stronger, and I acknowledge I should have been a dead man, but for your advice and medicine.

I am extremely grateful to you, dear Doctor,

WILLIAM JAMES, JR.

ERUPTIVE DISEASE CURED.

Two years ago I called on Dr. Thomas G. Hutchings; I was then broken out all over my body, I had taken a great deal of doctor's stuff, but I got no better. Doctor Hutchings took me in hand, gave me medicine, and in six weeks I was as free, and as fair all over my skin as I was when a child. I hope the Doctor will have all the fortune the world can give him.

FELIX BARTRAY.

NEW-YORK, 1852.

AN INVETERATE CASE OF RHEUMATISM.

NEW JERSEY, July 18, 1851.

MY DEAR DOCTOR:—I suppose you will hardly expect to have a very minute statement of my terrible sufferings. I am sure you never saw a man so tortured, and I think without boasting I may

say, that my patience hardly ever forsook me. You gave me no great encouragement to be sure; indeed there was little room for it, so I acted passively, took the medicines you ordered me, and my ability to walk in Broadway now, contrasted with the crippled condition I was in when you saw me first, makes all my friends stare. Heaven forbid I should have, ever again, such another attack, but should I, I know where relief can be had. I will call on you in a day or two.

Your old and sincere friend,

W. W. B.

A PARALYTIC CURED.

Several months ago, from being kicked by a horse, I got partial paralysis of the leg; it extended up the side. I had the ablest assistance possible. I took every kind of remedy—was electrified, but all to no purpose; seeing Dr. Hutchings' advertisements in the papers, I was induced to try his medicines, and foolishly thinking that one dose ought to have some magic charm in it, and not finding myself better, I said within myself that all doctors were humbugs. Shortly after Doctor Hutchings called himself, asked if I had continued to take the medicines as he had directed, and was informed that I had not; he then saw me, and said that it was foolish to ask peoples advice, yet have no intention of following it. This I thought reasonable, so I concluded to give the matter a fair trial, and before I finished two courses I found my limb quite altered, the warmth seemed to return to it, and I could put it to the ground. In five weeks from that I was a well man, and I readily ask pardon of the Doctor, for having so foolishly delayed my own cure for at least a week.

THOMAS LARKIN.

NEW-YORK, April 2, 1751.

ERYSIPELAS.

CONCORD, N. H., March 2d, 1851.

DR. THOS. HUTCHINGS:—*Dear Doctor*,—You have certainly released me from the jaws of death. My head was almost as large

as a pot, and, as they told me, I was out of my mind for nearly a week. Thanks to you, dear sir, you have cured me. May you have many prosperous days.

Your obedient friend,

THOMAS WILCOX.

LIVER COMPLAINT.

TESTIMONY OF A LADY.

SARATOGA, Aug. 17, 1852.

DOCTOR T. G. HUTCHINGS:—*Dear Sir*,—As I informed you when in the city, I was determined to see if my wife would be benefited by a residence here during the summer. We arrived about the fourth of June, and finding no alteration in the complaint for the better, I advised her, about the last week in July, to take the medicines you gave her when we left.

I am gratified to be able to transmit her great thanks to you; the pain has now altogether left her side, and she gets rest at night without those harassing pains that robbed her of sleep for such a length of time. Accept my warmest wishes, and believe me ever yours,

T. W. MILLIKEN.

Dr. T. G. Hutchings feels happy to announce to the public, that the discharge of the very responsible duties inherent to his establishment is powerfully assisted by two most talented European physicians, one French and the other Italian, whose abilities, acquired by constant study and extensive travels, entitle them to that public confidence, which ignorant and pedantic graduates seek, and often enjoy, but do not deserve.

Communication, either personal or by letter, will be carried on in English, French, German, Italian, and Spanish.

All letters must be addressed to

Dr. T. G. Hutchings,
746 Broadway, corner of Astor Place.

CHARGES FOR MEDICINES, ADVICE, AND EXAMINATIONS, FROM DOCTOR HUTCHINGS' MEDICAL ESTABLISHMENT.

Examination, personal or by letter, $1.

A full course of medicine, with treatment, etc., from $5 to $10.

Dr. Hutchings' Inhaling Balm, for pulmonary consumption, and all affections of the throat and lungs, to heal the parts affected, in conjunction with other pulmonary medicines, $10.

The method of inhalation for curing diseases of the lungs and throat is an old one, and has been used for hundreds of years by different medical authorities, both in Europe and in this country. Common sense itself suggests it, as by that method the remedy is brought directly in contact with the parts affected, and hence the

almost instantaneous relief produced, when the remedy is of such a nature as to suit the case. Hence, also, the sudden aggravation of symptoms, when the substance inhaled is of an injurious character. This explains the complete failure of the so many self-styled doctors who pretend to effect the cure by the inhalation of hot water, creosote, chloroform, and other still more deleterious substances.

The first idea that led the doctor to the discovery of this invaluable remedy, was the fact of the complete absence of consumption among the migratory tribes of Northern Africa, and some parts of the East Indies, where the soil is completely covered with fragrant herbs, flowers, and shrubs, the emanations of which they of course constantly breathe—a fact often dwelled upon by distinguished surgeons of the French army of Algiers. Struck with this undeniable fact, the doctor set to work, and obtained, by distillation, the invaluable medicine which he offers to the public. Its use is simple. A fine sponge is slightly imbibed with the Balm, and inhaled at stated intervals during the day. The relief in consumption, asthma, bronchitis, etc., is almost instantaneous, and patients are astonished to find themselves cured of the most distressing symptoms, after a few days use of this remedy. But while asthma and bronchitis yield readily to the inhaling Balm, consumptive patients must be aware that in their case, this is only one part of the treatment, removing the effects of the terrible disease by healing up the ulcerated surfaces and cavities of the lungs, while the cause still exists in the blood. This second and most important object, entirely overlooked by the numerous empirics and pretenders, who disgrace our age and the medical profession, is obtained with mathematical certainty by Dr. Hutchings' vegetable medicines, which expel the impurities of the blood by the same ways which nature itself uses, viz., the perspiration of the skin, the urinary process and other secretions.

Full directions for use will be sent with the medicines.

Inhaling Balm, $5.

Full course for consumptive patients, $10.

Doctor Hutchings' Rheumatic Course,

FOR THE TOTAL ERADICATION OF RHEUMATISM.

When we speak of rheumatism, we sincerely sympathize with suffering humanity, because we are aware how numerous are the nostrums sent out upon the public that all prove abortive; and we should mourn for the afflicted as men without hope, but that this great remedy now used by Doctor Thomas G. Hutchings has, in the nineteenth century come in, and has done what never before was known—five hundred well attested cases of *perfect cure* is the result. Think what money expended, what years of tribulation endured, and still no nearer to health, until this remedy was solicited and used. No case, however deplorable, no case, however long in duration, whether chronic or acute, in old or young, but this valuable medicine will, in conjunction with other frictional liniments, completely extirpate. To be sure it required great time, great patience, and experiment to make it, but it is established. We need say no more—the cure, the perfect cure of rheumatism is accomplished.

Price five dollars for the course.

Doctor Hutchings' Nervous Antidote,

FOR THE CURE OF NEURALGIA, AND ALL OTHER NERVOUS DISORDERS.

One package of this medicine has been known effectually to cure the worst cases of neuralgia, and those accustomed to sleepless nights, or any other irritability, will find them a great blessing.

One dollar per package, sent by mail.

In the Doctor's Medical Laboratory, under the *New System*, in addition to his *universal medicines for every known disorder*, he has what he designates "*The Ladies' Toilet Box*," containing all the necessary arrangements for beautifying the complexion, the teeth, and the hair; removing all blotches and freckles, and making

the skin as *pure* and as white as marble, *in a few days*, thus banishing all the poisonous compounds with which the market has been drugged for so many years.

" Who would not wish to see each lady fair
With snowy neck, and softly waving hair;
With teeth of pearl, and ruby lips so pure,
That in the gay saloon so much allure.
Try then, this box, it is the best of ways
To rival Venus in her palmiest days."

The Toilet Box will be sent by express to any address on the receipt of three dollars.

Dr. Hutchings' Family Vegetable Pills.

Each Box containing One Hundred Pills.

This medicine, entirely the extract of herbs, has for its object the purification of the blood, and the biliary ducts, removing constipation, allaying all unnecessary irritation, and building up the constitution after getting rid of foreign and extraneous matter. They are suitable to all ages and sexes, being in fact the only reliable family pills known. No family should be without them, as they *prevent* as well as *cure*, while the testimonials concerning their efficacy, that have been received, would fill a volume; thus bearing out the fact that the *New System* has superceded all others in relieving the distressed.

These pills are especially adapted to purifying the blood, and regulating the system, giving a healthy tone to the stomach, and imparting that buoyancy of spirits felt only by those whose veins are filled with blood free from all impurities.

These also can be sent by mail to any part of the Union.

One dollar per box.

There are diseases which, from the delicacy of their nature, and the determination of Doctor Hutchings not to wound the feelings of the most fastidious, that cannot be given in detail in a family

medical work. These I can only say so much on—don't delay obtaining immediate advice. If the patient should be in this city, a call will convince the most sceptical that a perfect cure can be obtained in a few days, and should the patient be in the country, a letter, post-paid, stating the case explicitly, will receive immediate attention.

There are persons too, who have unfortunately fallen into bad hands, and whose systems have undergone the ravages of mercury. These should at once desist from the deadly practice, and come or write to me, when, under the *New System*, their broken constitutions will be built up, their blood purified, and they will once more rejoice in life.

Put not the poisoned chalice to your lips,
Or *Death* will be the fate of he who sips;
But take the herbs in freshness from the field,
And to the potent roots disease will yield.

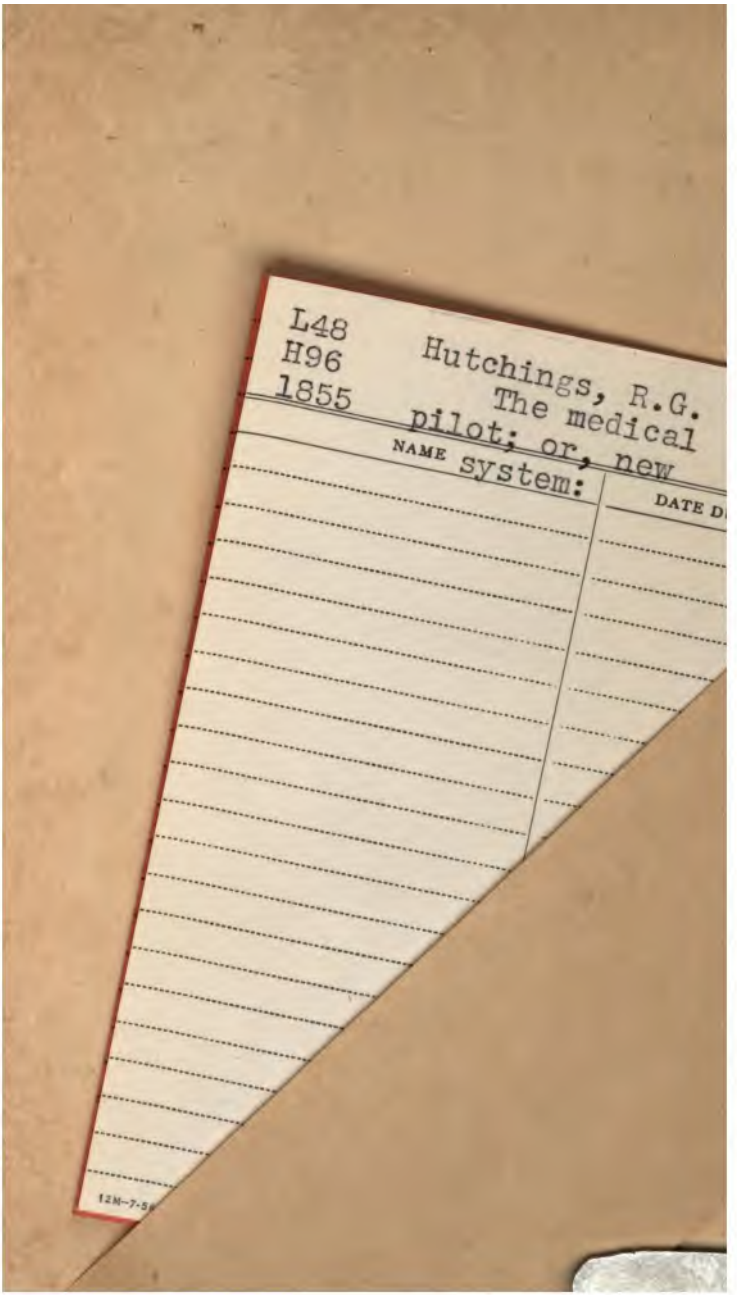
THE END.

p 110 ya entries from of fresh water
Cultivation 1000 annas
111 Salt lands 1000 annas

LANE MEDICAL LIBRARY

This book should be returned on or before
the date last stamped below.

10M-12-55-81831


L48
H96
1855
Hutchings, R.G.
The medical
pilot; or, new
system:
NAME
DATE D